

MINDFUL ME

MINDFULNESS AND DIGITAL DEVICES

TIPS FOR CAREGIVERS

The rise of technology and digital devices can impact the way children interact with their peers, environment, and selves. Teaching them how to practice mindfulness can lead to positive effects on their mental and physical health. Digital mindfulness can help children be intentional with their use of digital devices and bring awareness to how screen time can make them feel.

BEFORE READING

Talk to the reader about digital devices and his or her feelings.

Discuss: What do you like about digital devices? How do they make you feel? Do you ever not like how digital devices make your mind or body feel?

AFTER READING

Talk to the reader about mindfulness and digital devices.

Discuss: What does it mean to make intentional decisions with your digital devices? How will you practice mindfulness with your digital devices?

SEL GOAL

Social and emotional learning (SEL) helps children manage emotions, learn how to feel empathy, create and achieve goals, and make good decisions. An important goal of teaching SEL skills is to provide students ways to recognize and control their emotions and behaviors. Students sometimes struggle with transitioning from digital device use to engaging in a non-digital activity. Try practicing mindfulness to help this transition go more smoothly. When students have put the digital devices away, help them pause and focus on their breathing. Allow them the opportunity to mentally prepare themselves for the next activity.

GOALS AND TOOLS

GROW WITH GOALS

There are many ways to practice mindfulness with your digital devices.

Goal: Show your friends how to practice mindfulness! They might not understand mindfulness yet. Tell them how mindfulness makes you feel. They might like it, too.

Goal: Practice makes perfect. Being mindful becomes easier the more you try it. See if you can pause to be mindful every day for one week. Try focusing on your breathing for 30 seconds each day. Notice how it makes you feel.

Goal: Try new ways to practice mindfulness! There are lots of books to read on fun ways to be mindful. Ask your librarian for help finding one.

MINDFULNESS EXERCISE

Taking a break from digital devices can help you understand how to use them mindfully. Put away your tablet, computer, or cell phone for three days.

1. Does your body feel different without digital devices?
2. Does your mind feel different without digital devices?
3. How might you use digital devices differently in the future?



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