# Managing digital wellbeing
## What it feels like online

eSmart
alannah & madeline foundation

| Australian Curriculum Alignment | Level 1 | Level 2 | Level 3 |
|---|---|---|---|
| | Manage the wellbeing of self by following adult directions at school and home to implement healthy practices with their use of tools. | Manage the wellbeing of self and others by participating in the creation of rules and applying them at school and home to implement healthy and manageable practices with their use of tools. | Manage the wellbeing of self and others by following an agreed code of conduct to support healthy and manageable practices with their use of tools. |

### Immersion

Note: The focus of this lesson should be for students to begin to understand that the way we experience things online, is the same as we experience things offline. The intention is to connect students to the fact people can feel hurt and joy and fun online and offline, and to help them build empathy for others in all environments.

- Ask students to help create a list of words that are "feeling" words. Words we use to describe how we feel.
- Then share the emojis in the handout and ask them to link the words to emojis and see where people differ in their ideas.
- Explain to students we do this to help us see that sometimes, even the way we talk about emotions is different, along with the times we feel them.

### Activity

**Whole class (F-4) into small groups.**

- Give students a photocopy of the handout and get them to create their own dice.
- Have students take turns rolling the dice and then find an emoji that illustrates their emotion or how they feel about that scenario and discuss why they gave that response. Check whether they think it would feel the same or different if it happened face to face.

### Share and discuss

- Finish off by having students share what they have understood about emotions, feelings and being online for them and others.
- For older students – you may like to develop a code or manifesto about how we should treat others or consider others feelings to use in their online lives.

### Resources:

- Dicey dice and emojis handout.

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## Dicey dice and emojis

Print this page to fit A3, cut out the shape, fold and stick it together to create a cube.

Put students into groups and ask them to take turns to roll the dice, then find an emoji that illustrates their emotion. Discuss why.



Searching for something on the internet for homework

Watching a video online

Seeing a picture of yourself that has been shared

Getting a rude or mean message from someone on your device

A friend destroys your building in an online game

Being left out from a friend's game - online or offline