



Deciding when technology gets your attention

The skill of digital boundaries · name: _____ · date: _____



Technology can be valuable and still need a boundary. Choosing when and where a device gets our attention may protect sleep, focus, relationships or time that matters for something else. A useful boundary responds to real circumstances and can be adjusted without becoming a punishment.

What we are practising

By the end of this lesson, you can explain a digital boundary and design one realistic limit for a fictional situation.

During the activity

Design a boundary: notes, noticings, or nothing at all. This sheet is yours.

Take it with you

Where in someone's ordinary week might one small, kind boundary, such as a device-free stretch or notifications off during homework, fit best?

Exit ticket · Deciding when technology gets your attention

How does the lesson define a digital boundary?

- a) A punishment for spending too much time online
- b) A rule a school sets to take phones away
- c) A promise to never check a phone again
- d) A limit on when, where or how technology is used

I can explain what a digital boundary is and design one realistic, kind limit on when or how a device gets used.

☐ more than before ☐ about the same

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