

**Discovering Digital Balance**

# **TECH WELLBEING**



# Today, we are going to:

- 1** Talk about data
- 2** Dive into business examples
- 3** Technologies in schools
- 4** Digital Wellbeing

# **DATA IS THE NEW GOLD**

**On alchemist mission**



**LET ME  
TELL YOU  
A STORY!**



# School

If I ask you to imagine a  
‘school’ what picture comes  
to your mind?!









# Students

- Do we know how they feel?
- Do we know what they like?
- Do we know who they are?
- Do we know what they want to become?





# Technology in schools

**Let's empower  
our students  
to navigate  
the digital world  
responsibly and mindfully!!!**





# Teaching Digital Wellbeing

In the digital age, teaching digital wellbeing to students is crucial for their mental health and success. By incorporating mindfulness and balance, we empower future generations.

"Balancing screens and life creates healthier, happier students ready to take on the world."





# Digital Wellbeing in Education Checklist

**Interactive Learning**  
**Personalized Education**  
**Access to Information**  
**Collaborative Projects**  
**Digital Literacy**  
**Virtual Field Trips**  
**Assessment Tools**  
**Educational Apps**  
**Online Courses**  
**Engagement Tools**  
**Gamification**  
**Remote Learning**  
**Resource Management**  
**Student Portfolios**  
**Teacher Training**

**Screen Time**  
**Breaks**  
**Ergonomics**  
**Mindfulness**  
**Digital Detox**  
**Online Safety**  
**Content Quality**  
**Sleep**  
**Exercise**  
**Social Interaction**





Future Education

# EdTech Bulgaria

Education-Technology Cluster

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**Culture**

**Competence**

**Concepts**





# TALK TO EDTECH BULGARIA

(00 (359) 887303289

office@edtechbulgaria.com

***albena.spasova@edtechbulgaria.com***