Discovering Digital Balance





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 alchimist mission





LET ME TELL YOU ASTORY!



School

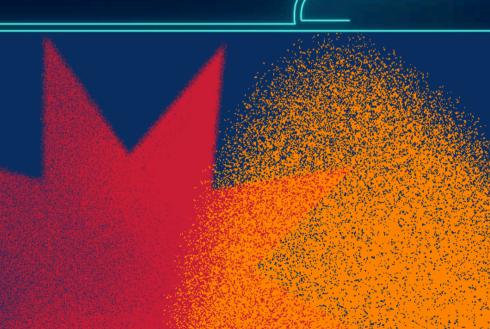


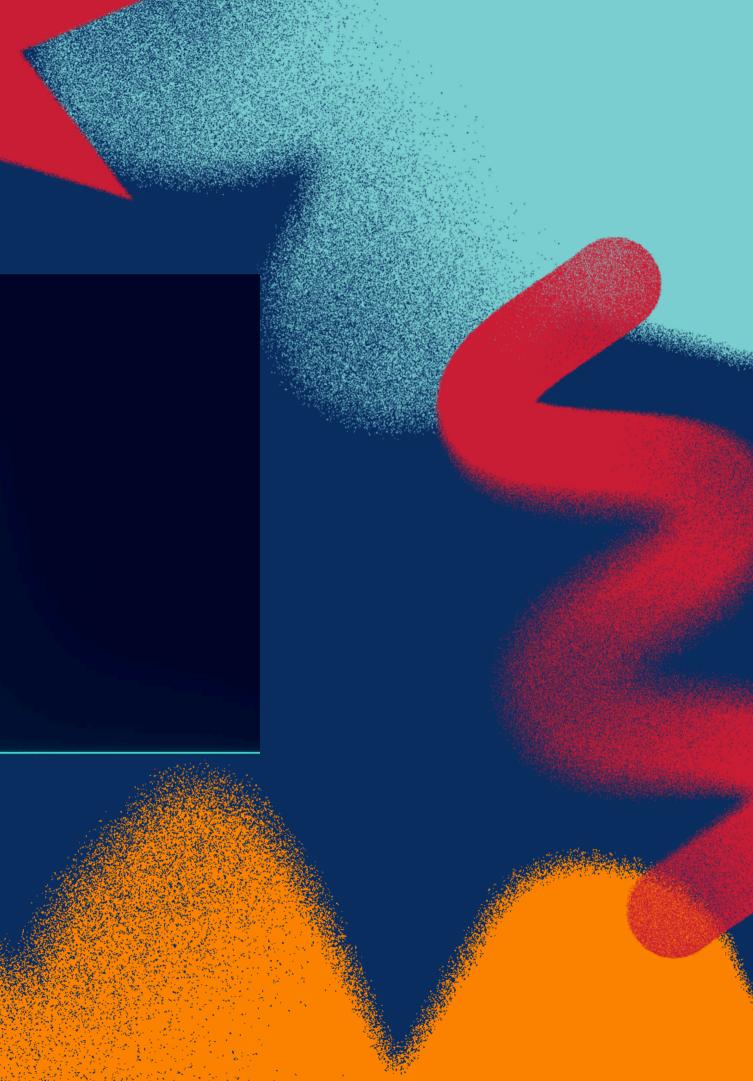


If I ask you to imagine a 'school" what picture comes to your mind?!











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 empowerour studentsto navigatethe digital worldthe sponsibly 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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Cultute

Competence

Concepts





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