

Digital Citizenship Week Family Activity Calendar:

Help our youngest learners form healthy relationships with media and tech as they *Meet the Digital Citizens!* As you celebrate **Digital Citizenship Week**, use this **daily tracker** to help students reflect on how they can use technology in healthy and responsible ways.

	Question of the Day	Family Activity Grades K-2	Family Activity Grades 3-5	Family Activity Grades 6-8
Monday	How do we balance our time with technology?	Activity: Meet Arms <i>*Bonus: Family Tech Planners</i>	Watch: How Much Is Too Much?	Activity: Values Sort
Tuesday	How do we stay safe online?	Activity: Meet Guts	Activity: Family Tech Planner	Activity: "Balance with Bedtime" Checklist
Wednesday	How can we be kind and stand up for others online?	Activity: Meet Legs Meet Heart	Activity: Cyberbullying	Activity: Be An Upstander
Thursday	What footprints are we leaving behind?	Activity: Meet Feet	Activity: Digital Footprint	Watch: How Your Brain Tricks You Into Negative Thinking
Friday	How can we know if something we see or hear is true?	Activity: Family Activity	Activity: News & Media Literacy	Tips: Media Balance & Well-Being

