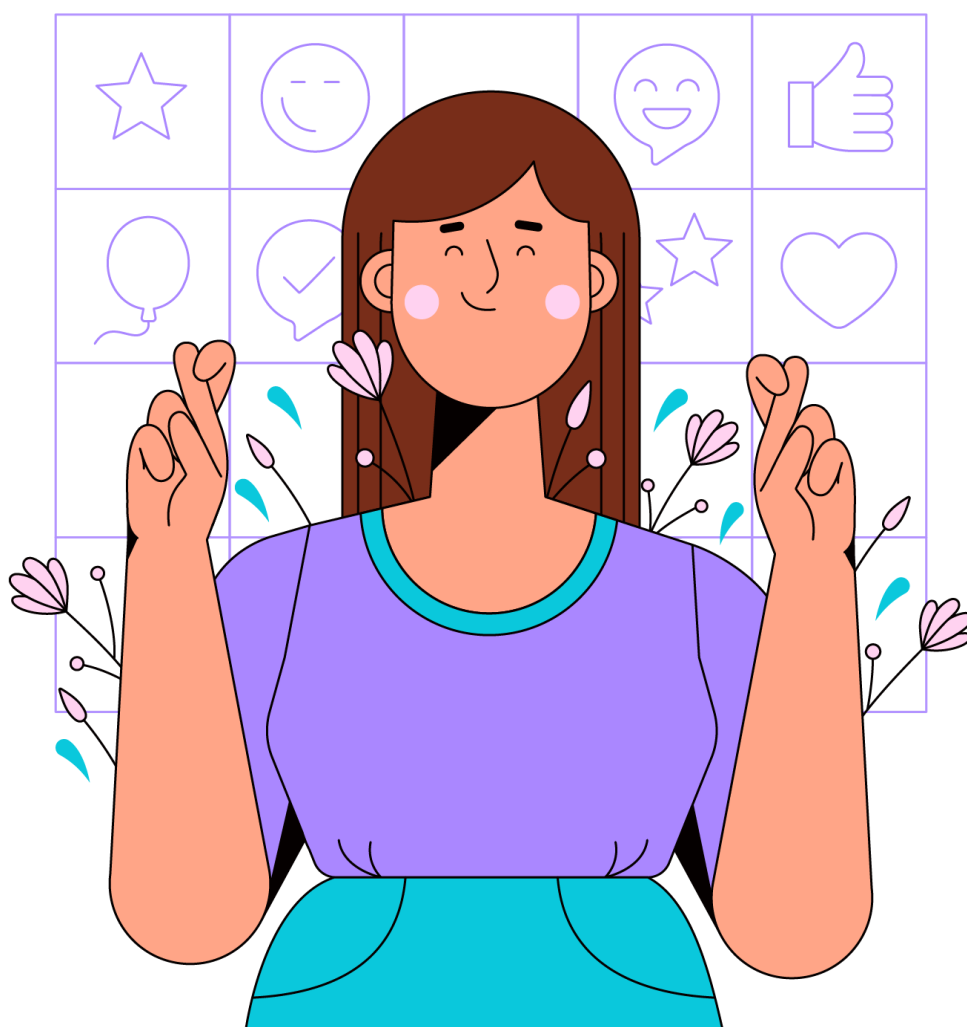


# :PERMA:DIGITAL

## PERMA-Digital Activity Sheet

*Comparing the Positive and Negative Effects on Students (U1.1)*



# PERMA-Digital Activity Sheet

## Activity

Using the template below, list positive and negative effects of digital technology on students' physical, emotional, mental, and social well-being.

## Instructions

- Read each column in the table.
- Think about how these situations appear in your own classroom.
- Add one example from your teaching experience in any row that fits the domain.
- When you finish, answer the reflection questions at the end of the table.

**TABLE: Template: Comparing the Positive and Negative Effects on Students**

Well-being Domain	Positive Effects of Digital Contexts	Negative Effects of Digital Contexts	Positive Effects of Non-Digital Contexts	Negative Effects of Non-Digital Contexts
Physical				
Mental				
Emotional				
Social				

## Example

**TABLE: Template: Comparing the Positive and Negative Effects on Students**

Well-being Domain	Positive Effects of Digital Contexts	Negative Effects of Digital Contexts	Positive Effects of Non-Digital Contexts	Negative Effects of Non-Digital Contexts
<b>Physical</b>	<ul style="list-style-type: none"> <li>Short movement videos used in class.</li> <li>Apps that remind students to stretch during long lessons.</li> <li>PE teachers using tablets to show correct technique.</li> </ul>	<ul style="list-style-type: none"> <li>Long screen time during lessons.</li> <li>Slouching when using devices.</li> <li>Tired eyes after digital homework.</li> </ul>	<ul style="list-style-type: none"> <li>Playground activities and PE sessions.</li> <li>Hands-on science tasks that require movement.</li> </ul>	<ul style="list-style-type: none"> <li>Minor injuries during sports.</li> <li>Limited space for active breaks.</li> </ul>
<b>Mental</b>	<ul style="list-style-type: none"> <li>Educational platforms with clear explanations.</li> <li>Problem-solving apps that support maths and science.</li> <li>Digital organisers that help students plan tasks.</li> </ul>	<ul style="list-style-type: none"> <li>Too many open tabs that reduce focus.</li> <li>Notifications interrupting learning.</li> <li>Confusion when switching between apps.</li> </ul>	<ul style="list-style-type: none"> <li>Reading aloud in class.</li> <li>Group discussions that build reasoning.</li> <li>Puzzles or board games that train attention.</li> </ul>	<ul style="list-style-type: none"> <li>Few learning materials in some classrooms.</li> <li>Noise that distracts students.</li> </ul>
<b>Emotional</b>	<ul style="list-style-type: none"> <li>Anonymous polls that help shy students share feelings.</li> <li>Digital art tools for emotional expression.</li> <li>Online well-being check-ins.</li> </ul>	<ul style="list-style-type: none"> <li>Hurtful comments in class group chats.</li> <li>Online comparison during social media use.</li> <li>Stress from constant device use.</li> </ul>	<ul style="list-style-type: none"> <li>Face-to-face support from teachers.</li> <li>Class circles that build trust.</li> <li>Peer compliments during group work.</li> <li>Peer mentoring.</li> </ul>	<ul style="list-style-type: none"> <li>Conflicts during breaks.</li> <li>Exclusion from groups.</li> </ul>