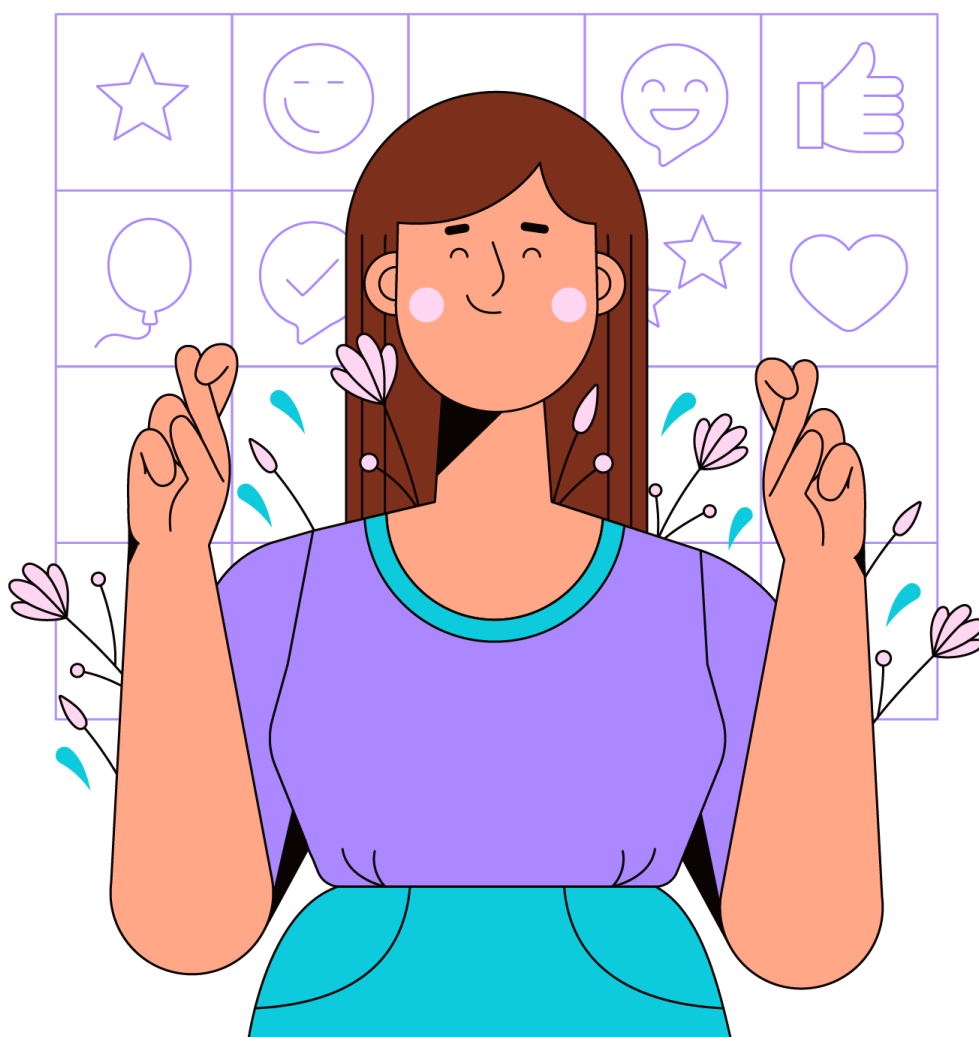


PERMA-Digital Tool Evaluation Rubric



Use this worksheet to evaluate one of the digital tools you use in your classroom. You'll explore how it supports your students' digital well-being through the PERMA-Digital Framework. Your evaluation will help you identify strengths, risks, and simple improvements for promoting balanced, safe, and meaningful digital learning.

Instructions:

1. Choose one digital tool you use frequently (e.g., Canva, Padlet, Flip, Kahoot!, Google Docs, Trello).
2. Review the five evaluation areas below.
3. Rate each area from 1 to 3, using the scale provided.
4. Write short notes in the Comments column to explain your rating.
5. Add up your total score and reflect using the questions at the end.

Scoring scale:

- 1 – Low:** This tool rarely supports this aspect of digital well-being.
- 2 – Moderate:** This aspect is sometimes supported but can be improved.
- 3 – Strong:** This aspect is clearly and consistently supported.

Evaluation Rubric

Evaluation Area	What to Look For	Ask Yourself	Score (1–3)	Comments / Examples
1. Engagement	Promotes focus, curiosity, and meaningful participation without overstimulation.	Does this tool help students stay engaged without stress or distraction?		
2. Emotional Safety	Creates a respectful, inclusive, and private digital environment.	Does it protect privacy, encourage kindness, and prevent negative interactions?		
3. Healthy Use	Encourages balance, breaks, and mindful technology habits.	Does it allow students to pause, reflect, or manage screen time effectively?		
4. Accomplishment & Feedback	Recognises progress and promotes intrinsic motivation.	Does it provide constructive feedback and celebrate effort, not just results?		

5. Meaning & Purpose	Connects digital learning to real-life values, interests, or goals.	Does it help students understand <i>why</i> the task matters and how it relates to their world?		
Total Score				

Scoring Interpretation

Total Score (out of 15)	Meaning	What This Suggests
13–15	Strong Alignment	The tool aligns well with PERMA-Digital principles. Keep using it with minor improvements.
9–12	Partial Alignment	The tool shows potential. Adjust how you use it to support emotional safety or balance better.
Below 9	Weak Alignment	The tool may create stress or distraction. Consider alternatives or change how it’s integrated.

1. Reflection

Based on your score, reflect using these guiding questions:

- Which perma element does this tool support most?
- Does it foster joy, focus, connection, purpose, or growth?
- What small change could make it safer, more meaningful, or balanced?

2. Fill in the reflection table with your insights (as per the examples).

Examples:

Tool	PERMA link	Strength	Improvement Idea
Canva	<i>Accomplishment & Meaning</i>	Students feel pride when creating visual artefacts and working in pairs.	Add a short “gratitude caption” under each design to reflect on what they learned.
Kahoot! (Challenge Mode)	<i>Engagement & Positive Emotions</i>	Immediate feedback and excitement maintain attention.	Reduce competition stress: switch to “team mode” and celebrate progress, not scores.
Padlet Journal	<i>Relationships & Meaning</i>	Encourages peer feedback and emotional sharing.	Set clear digital-empathy rules and remind students to take short screen breaks.

Tip: Revisit this rubric regularly to check how your tools and teaching practices evolve.