

SOCIAL TECH LAB

Our class will be learning to use technology in healthy, purposeful ways. They will work with each other to solve problems, build relationships, and explore how technology can support learning and well-being.

Why:

Children are spending more time on screens, which can affect attention, emotional control, and face-to-face communication. Some students are also finding it harder to listen, solve problems, manage strong feelings, and respond positively to feedback. The Social Tech Lab will help students develop these skills while using technology thoughtfully.

Students will:

- Participate in small-group lessons about mental health, digital citizenship, and positive relationships
- Play cooperative brain and problem-solving games
- Practice skills such as listening, taking turns, eye contact, and reading body language
- Working together on Chromebooks to research topics and create presentations
- Share healthy technology tips and learning with classmates and the school community
- Build social, emotional, critical-thinking, and problem solving skills.
- Learn to make responsible choices online and view technology as a tool

Families can:

- Participate in workshops and come to engagement nights about healthy screen use at home

