

Discovering Digital Balance

TECH WELLBEING

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 alchemist mission

**LET ME
TELL YOU
A STORY!**



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 empower
our students
to navigate
the digital world
responsibly 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

June 2024, Pilsen





Culture

Competence

Concepts



TALK TO EDTECH BULGARIA

(00 (359) 887303289

office@edtechbulgaria.com

albena.spasova@edtechbulgaria.com