

What will this task teach my child?

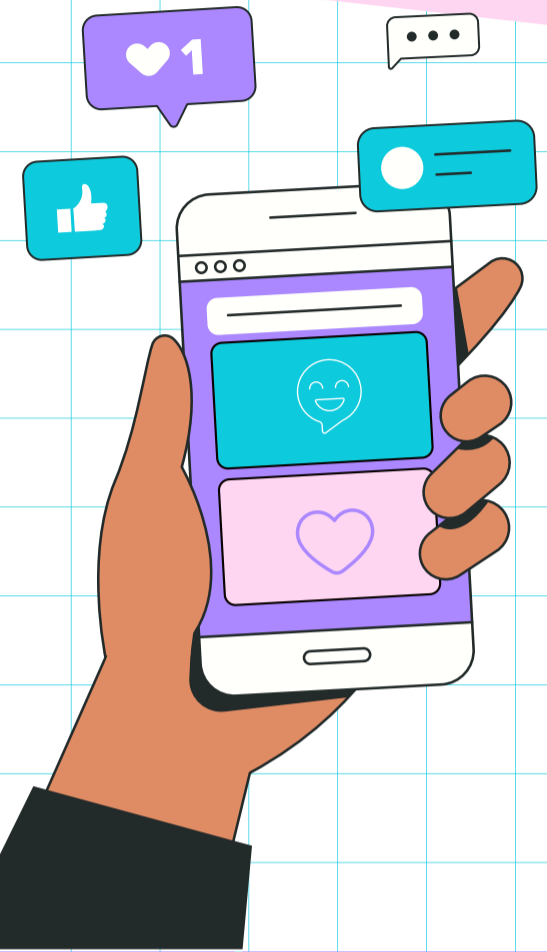
- To recognise and express positive emotions in daily life and online.
- To build emotional resilience and positive attitudes through shared digital reflection.

WHAT IS THIS DIGITAL POSITIVITY WALL?

This activity turns everyday digital tools into a space for joy and connection. Through small daily posts, children express their feelings, recognise positive experiences, and build emotional resilience in a fun, creative way.

WHY IS IT IMPORTANT?

Children tend to hurry through their days, especially when they're on their devices. A short, joyful digital check-in helps them pause, reflect, and share how they feel. When children use emojis, memes, playlists, or simple gratitude photos, sharing good moments starts to feel easy and real. It turns technology into something warm and personal, not just a place to scroll. These little daily posts help them notice how they feel, stay connected with you, and enjoy being part of something together. Over time, these shared moments become small but meaningful reminders that joy is always there, even on ordinary days. They help build confidence, closeness, and a steady sense of positivity that carries through the week.



TIPS



TIP 01

Choose a simple tool you all enjoy (Padlet, Jamboard, WhatsApp group).



TIP 02

Post one emoji, meme, playlist link, or gratitude photo daily.



TIP 03

Choose a regular posting time (e.g., after dinner).



TIP 04

Keep the tone light, authentic, and positive.



TIP 05

End the week by scrolling through together and celebrating your favorite posts.

PROPOSED ACTIVITIES

Children from 10-12

Ask your child to choose one happy moment each day and express it using an emoji, meme, or a photo they took. Add it to the shared wall. At the end of the week, review the wall together and ask them to pick one moment that made them feel especially good and explain why.

Children from 12-14

Invite your child to share one positive moment each day using a meme, playlist link, or gratitude photo. Encourage them to comment kindly on other posts. At the end of the week, ask them to lead a short family talk about the most meaningful or funniest moments they noticed.

Reflection Question: "Looking at the wall, what kinds of moments made the biggest difference to your mood this week?"

RESOURCES

[Padlet](#) - Free, easy-to-use digital boards where families can post notes, images, emojis, or drawings together.

[Greater Good Science Center: Gratitude Journal](#) - A short, practical guide to daily gratitude backed by research.

[UNICEF Parenting Hub](#) - Friendly, accessible tips to support children's emotional well-being and family connection in everyday life.

WHAT IS FAMILY DIGITAL DETECTIVE?

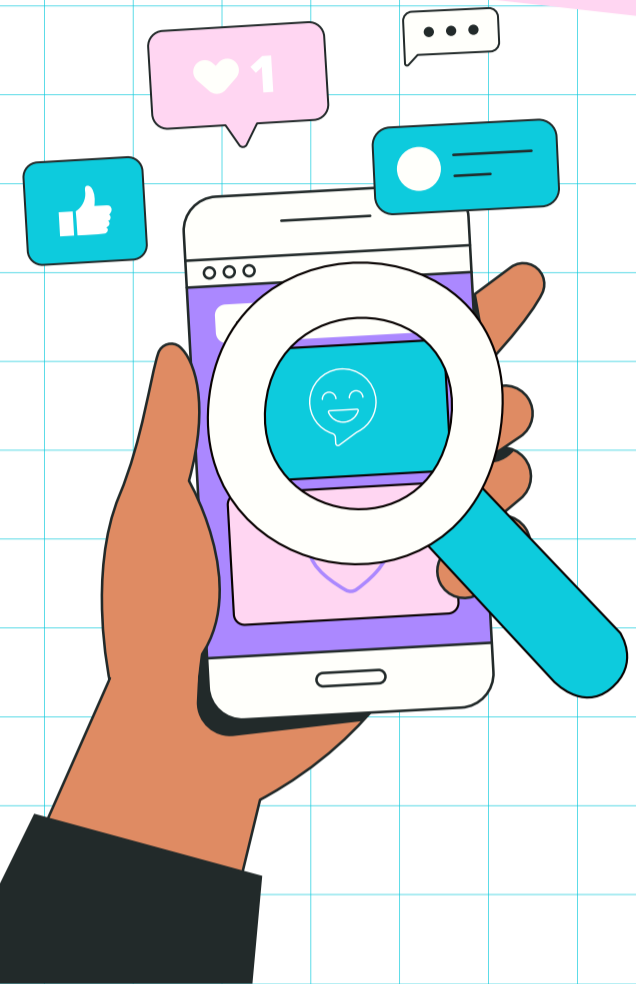
A weekly family activity where you explore online content together, spot what's real or fake, and talk about smart digital choices. The online world influences how children understand things around them. When kids learn to ask questions, check facts, and discuss what they see online, they become more confident and safer in their daily lives.

WHY IS IT IMPORTANT?

Kids come across a lot of different things online every day. Without support, they can easily take some of it at face value. Sitting down together to look at posts, videos, or news stories helps them learn to pause, ask questions, and think carefully. It also creates a space where they can talk openly about what they see, instead of keeping it to themselves. Over time, this kind of honest conversation builds trust, strengthens their ability to think critically, and gives them more confidence in how they handle what appears on their screens.

What will this task teach my child?

- To reflect daily on meaningful experiences and notice patterns that bring joy.
- To develop self-awareness and emotional expression through short personal writing.



TIPS



TIP 01

Pick one online post, video, or story together once a week.



TIP 02

Ask simple questions: "Who made this?", "Why?", "Can we check it somewhere else?"



TIP 03

Use fact-checking sites together.



TIP 04

Share your own thinking out loud so they can see how you evaluate information.



TIP 05

Keep it supportive, not like a test.

PROPOSED ACTIVITIES

Children from 10-12

Invite your child to show you a video, post, or story they found online this week. Go through it together and ask questions like: "Who shared this?", "Where did it come from?", and "Does it sound right?" Check the information on a fact-checking website or another trusted source. Afterwards, ask your child how they felt about checking it together.

Reflection question: What surprised you the most when we looked into this post?

Children from 12-14

Invite your child to pick a popular post or headline, then do a quick fact check together as a family. Ask them to explain why they chose it, and explore the details as a team. Look at the source, compare it with other articles, and discuss what seems trustworthy. Encourage your child to take the lead while you help along the way.

Reflection question: "How did checking this together change the way you look at posts online?"

RESOURCES

[Google Fact Check Explorer](#) - Quickly check the credibility of online claims and stories.

[News Literacy Project - Checkology](#) - Free activities and tips for families to spot misinformation together.

[Internet Matters](#) - Practical advice, guides, and interactive tools to help families build children's digital skills and stay safe online.



WHAT IS POSITIVE ATTITUDE?

A creative project where parents and children collect favorite photos or videos, organise them by themes like "Holidays", "Funny Moments", and use digital tools to design a joyful digital presentation together.



What will this task teach my child?


- Self-Awareness
- Digital Literacy
- Creativity

WHY IS IT IMPORTANT?

Creating a memory-themed photo book helps children build self-awareness and emotional security by reflecting on meaningful family moments. It promotes digital literacy by guiding kids in navigating and organising digital photos, while encouraging creativity through designing personalised layouts. Sharing and discussing memories strengthens family bonds and fosters positive emotions, such as gratitude and a sense of belonging, which are crucial for healthy emotional development in the digital age.



TIPS

 <p>TIP 01 Choose a theme together—like "Family Adventures" or "Silly Selfies."</p>	 <p>TIP 02 Encourage your child to share why each memory feels special to them.</p>	 <p>TIP 03 Add cheerful music or captions that capture the mood and spark laughter.</p>	 <p>TIP 04 Keep it simple—use free tools like Canva, Google Photos, or PowerPoint.</p>	 <p>TIP 05 Celebrate the finished slideshow with popcorn, smiles, and a family viewing night.</p>
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PROPOSED ACTIVITIES



Children from 10-12

Ask your child to scroll through old family photos with you and choose 10-15 that show fun, proud, or silly moments.

In Canva, help them group the images into themes such as "Adventures" "Summer Camp" and "11th Birthday".

Encourage your child to add short captions like "Remember this day?" or "We laughed so hard!".

Let them pick upbeat background music or fun animations. When finished, watch the slideshow together and talk about which memory made them happiest.

End by writing one "gratitude note" about what they're thankful for. This builds joy, gratitude, and connection.

Children from 12-14

Invite your teen to create a themed slideshow, i.e. "Our Family Through the Years" or "Moments That Made Us Smile."

Encourage them to select photos or clips that capture achievements, milestones, and funny memories.

Use Canva or Google Slides to design it with transitions, colours, and captions expressing how each memory felt. Talk about how looking back can boost gratitude and remind us of our family's strengths.

End by sharing the slideshow with relatives or friends. This promotes joy, reflection, and belonging while fostering creative digital skills.

RESOURCES

CANVA is an online graphic design platform that allows users to create a wide variety of visual content, such as slideshows, presentations, posters, and videos

Google Slides is a free website presentation program that allows users to create and edit slideshows online with real-time collaboration



WHAT IS DIGITAL EMOTIONAL AWARENESS?

Learning to recognize and understand the feelings you experience before, during, and after using digital devices and apps.

WHY IS IT IMPORTANT?

Digital experiences can trigger strong emotions, such as excitement from messages, frustration from games, comparison on social media, or relaxation from videos. When children learn to notice these emotional patterns, they develop healthier relationships with technology. This awareness helps them make intentional choices about screen time, recognize when apps drain their energy, and seek activities that genuinely boost their well-being. Understanding digital emotions builds motivation to use technology in ways that support rather than harm their mental health.

PROPOSED ACTIVITIES

Children from 10-12

Ask your child to become an "emotion detective" for one week. Create a simple chart with emoji faces (happy, sad, anxious, excited, bored, calm) and have them mark how they feel after using their favorite apps or games. At week's end, review the chart together and identify patterns. You can use this mood tracker template from Canva.

Reflect together: Which activities consistently made them feel good? Which ones left them feeling drained or upset?

Children from 12-14

Challenge your child to a three-day experiment trying completely different types of content each day. For example: Day 1: Only educational/creative content (tutorials, art, learning). Day 2: Pure entertainment (games, funny videos, shows). Day 3: Social content (chatting, social media, group activities). Each evening, rate energy levels, mood, and motivation on a scale of 1-10. On Day 4, have a "results reveal" where you both compare notes and discuss which digital diet made them feel most energized and motivated versus drained.

Reflection: If you could design your perfect digital diet mixing all three types, what would it look like? What content deserves more time in your life?

What will this task teach my child?

Key competences:

- Self-awareness
- Digital literacy

TIPS



TIP 01

Discuss with your kid which apps make your child feel energized, calm, anxious, or bored, and adjust usage accordingly.



TIP 02

Share your own experiences regarding technology use, for example "I noticed scrolling made me feel stressed today."



TIP 03

Acknowledge when technology brings genuine joy, learning, or connection to your child's life.

DAY (NUMBER) - READY TO USE TEMPLATE FOR CHILDREN 12-14

Date: _____

What I Did Today:

Time	Activity/Content	Platform/App	Duration

Evening Rating (1-10 scale):

Metric	Rating	Notes
Energy Level	___/10	How energized do you feel?
Mood	___/10	How happy/positive do you feel?
Motivation	___/10	How motivated are you for tomorrow?

Reflection

- What did I learn today?
- How did this type of content make me feel?
- Best part of today:
- Challenging part:

RESOURCES

What is Self-Awareness + 5 reasons it's important - This YouTube video explains in simple words what is self-awareness

Social Media Has Both Positive and Negative Impacts on Children and Adolescents - This article explains the potential benefits and the potential harms of social media use among children and adolescents.