



# Gooseberry Alert No. 56

## Digital Wellbeing

You are welcome to share your **Gooseberry Alert** with students, staff and parents. All that we ask in return and in the spirit of modelling positive digital citizenship is that you acknowledge 'Gooseberry Planet Limited' as the source of your advice.

### Alert: 10 October 2020 is **World Mental Health Day** **Gooseberry Student**



#### Exploring the topic:

- What makes you feel happy?
- What give you satisfaction with your life?
- What makes you feel sad or dissatisfied?
- What one thing could you do online today to inspire others or to give happiness to others?
- What one thing could you do online to improve your own wellbeing?

**Think about** positive online behaviours. Think about apps and websites that can help with mindfulness, stress relief, creativity, exercise or just keeping in touch with friends.

### Gooseberry Teacher

Low mental wellbeing over a period of time can lead to an increased likelihood of developing a mental health problem. There are pros and cons of the digital environment in terms of wellbeing. It can bring sociability, pleasure, positive self-promotion, achievement and knowledge. It can also damage us by constant comparison with the lives of others, unrealistic expectations which skew our view of what is important or meaningful in life or exposure to damaging comments or misinformation.

Why not encourage both staff and students to use the internet today to enhance the digital wellbeing of themselves and/or others. Message a colleague to say how much you admire them, introduce them to an app that you love or find useful to relax after a stressful day in the classroom. Raise a smile by sharing a funny meme or video clip.

Use *Gooseberry Planet's* lessons to explore good citizenship or ways to limit excessive screen time and keep a healthy balance of sleep, exercise and other activities: **Playground** Sc. 6 Sharing Online or Sc. 9 Online Gaming; **Street** Sc.9 Keeping Healthy; **Village** Sc.1 Digital Footprint or Sc. 5 Online Gaming; **Town** Sc. 7 Online Gaming or Sc. 10 Pop-Up messages; **City** Sc.9 Keeping Healthy Online

### Gooseberry Parent

Are you concerned about how your child is coping with the Covid-19 pandemic? Why not take the opportunity to sit down with them today and talk about how they are feeling? Encourage them to open up about any worries and reassure them that it is normal to feel anxious at times like this but that sometimes those worries can become overwhelming and it is important to talk to somebody about how they feel, rather than bottle it up inside. For ideas on how to help them try <https://www.mind.org.uk/information-support/tips-for-everyday-living/wellbeing/wellbeing/>

Want to know more? Visit us at [www.gooseberryplanet.com](http://www.gooseberryplanet.com)

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