Cyber Scotland Week: Reception - P3

Help our youngest learners form healthy relationships with media and tech as they *Meet the Digital Citizens!* As you celebrate **Cyber Scotland Week**, use this daily tracker to help students reflect on how they can use technology in healthy and responsible ways.

	Question of the Day	15-Minute Activity	Share with Families
Monday	*How do we balance our time with technology?*	**Media Balance & Well-Being** Meet Arms	**Activity:** Meet Arms *Bonus:* *Family Tech Planners*
Tuesday	*How do we stay safe online?*	**Privacy & Security** Meet Guts	**Activity:** Meet Guts
Wednesday	*How can we be kind and stand up for others online?*	**Cyberbullying & Digital Drama Relationships & Communication** Meet Heart and Meet Legs	**Activity:** Meet Legs Meet Heart
Thursday	*What footprints are we leaving behind?*	**Digital Footprint & Identity** Meet Feet	**Activity:** Meet Feet
Friday	*How can we know if something we see or hear is true?*	**News & Media Literacy** Meet Head	**Activity:** Family Activity

Cyber Scotland Week: P4 - P6

Building healthy habits around tech use can help your students avoid some negative impacts on their mental health and well-being. Celebrate **Cyber Scotland Week** with this calendar of quick activities and resources that promote digital well-being.

	Question of the Day	15-Minute Activity	Share with Families
Monday	*What does media balance mean for me?*	**Media Balance & Well-Being** 📹 **My Media Balance**	**Watch:** **How Much Is Too Much?**
Tuesday	*What information about you is OK to share online?*	**Privacy & Security** 📹 **Private and Personal Information**	**Activity:** **Family Tech Planner**
Wednesday	*What is cyberbullying, and what can you do to stop it?*	**Cyberbullying & Digital Drama** 📹 **What's Cyberbullying?**	**Activity:** **Cyberbullying**
Thursday	*How does our online activity affect the digital footprint of ourselves and others?*	**Digital Footprint & Identity** **Our Online Tracks** *If time is limited, we recommend teaching "**On Your Honor.**"*	**Activity:** **Digital Footprint**
Friday	*What are the important parts of a news article?*	**News & Media Literacy** 📹 **Reading News Online**	**Activity:** **News & Media Literacy**