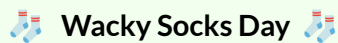


Digital Citizenship Week: Grades K-2

Help our youngest learners form healthy relationships with media and tech as they *Meet the Digital Citizens!* As you celebrate **Digital Citizenship 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	Spirit Week!
Monday	<i>How do we balance our time with technology?</i>	Media Balance & Well-Being  Meet Arms	Activity: Meet Arms <i>*Bonus:</i> <i>Family Tech Planners</i>	 Sports Day Rep your favorite sport to celebrate getting outside and moving.
Tuesday	<i>How do we stay safe online?</i>	Privacy & Security  Meet Guts	Activity: Meet Guts	 Superhero Day Dress up as a superhero, keeping yourself and others safe online.
Wednesday	<i>How can we be kind and stand up for others online?</i>	Cyberbullying & Digital Drama Relationships & Communication  Meet Heart and  Meet Legs	Activity: Meet Legs Meet Heart	 Unity Day Wear orange, which represents standing up against cyberbullying. More info on Unity Day
Thursday	<i>What footprints are we leaving behind?</i>	Digital Footprint & Identity  Meet Feet	Activity: Meet Feet	 Wacky Socks Day Wear wacky socks to think about your digital footprint!
Friday	<i>How can we know if something we see or hear is true?</i>	News & Media Literacy  Meet Head	Activity: Family Activity	 Hat Day Wear a "thinking hat" to remember to ask questions about what we see online.

[Learn more about our digital well-being and digital citizenship resources!](#)

Digital Citizenship Week: Grades 3–5

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

	Question of the Day	15-Minute Activity	Share with Families	Spirit Week!
Monday	<i>What does media balance mean for me?</i>	Media Balance & Well-Being  My Media Balance	Watch: How Much Is Too Much?	 Sports Day  Rep your favorite sport to celebrate getting outside and moving.
Tuesday	<i>What information about you is OK to share online?</i>	Privacy & Security  Private and Personal Information	Activity: Family Tech Planner	 Superhero Day  Dress up as a superhero, keeping yourself and others safe online.
Wednesday	<i>What is cyberbullying, and what can you do to stop it?</i>	Cyberbullying & Digital Drama  What's Cyberbullying?	Activity: Cyberbullying	♥ Unity Day ♥ Wear orange, which represents standing up against cyberbullying. More info on Unity Day
Thursday	<i>How does our online activity affect the digital footprint of ourselves and others?</i>	Digital Footprint & Identity Our Online Tracks *If time is limited, we recommend teaching "On Your Honor."	Activity: Digital Footprint	 Wacky Socks Day  Wear wacky socks to think about your digital footprint!
Friday	<i>What are the important parts of a news article?</i>	News & Media Literacy  Reading News Online	Activity: News & Media Literacy	 Hat Day  Wear a "thinking hat" to remember to ask questions about what we see online.

[Learn more about our digital well-being and digital citizenship resources!](#)