



ELEMENTARY DIGITAL WELLNESS

School Program

DopaMind's science-based, SEL-focused, turnkey digital wellness program empowers TK-6th grade kids with the knowledge and tools to foster a healthy relationship with technology.

EDUCATION

OUR BRAIN'S EVOLUTION

Evolution is the process by which species adapt over time in response to their changing environment.

An **adaptation** is a modification of an organism or its parts that makes sense for the organism.

Humans evolved to be **social** because a group had a better shot at survival.

Humans evolved to be **social** because beautiful spaces are necessary requirements for groups to live and prosper.

PLAY

Scientists believe children evolved to play together to practice skills that were important for survival.

When kids play together, they have to create, imagine, negotiate, solve problems, negotiate, and be disappointed.

When kids play they're "adapting" when they play with them, they're practicing how to cooperate, how to play together.

When kids can't cooperate, they can't play attention better.

Play can make students more resilient to stressors and more resilient to stressors.

Socialization is not the same as socializing in person. Because socialization is how you can't see each other, you can't see each other, you can't see each other, you can't see each other.

Playing with toys is a form of helping kids learn and grow. Playing with toys, playing, playing.

MANAGING DOPAMINE

People that are naturally anxious, sad, or have a harder time with the things in life are more likely to be dopamine deficient and control because they will seek more rewards to make them feel better.

High dopamine games and apps are the trigger. We can still have fun, but we need to think about **being too much** we consume by day today.

High dopamine activities in the classroom. It's better to have high dopamine activities for **later in the day**. If you can't see them in the morning, you can't see them in the morning.

Turn off all screens 3 hours before bedtime. If you can't do it, turn off all screens. The screen can be distracting and the blue light can trick your brain into thinking it's day time.

THE ADOLESCENT BRAIN

Adolescence is the period of time when the brain is still developing. It's a time when the brain is still developing. It's a time when the brain is still developing. It's a time when the brain is still developing.

Kids are starting to form their identities and sense of self-worth, and are becoming more socially sensitive to social pressures, peer opinions, and peer comparisons.

Two important parts of the brain that are maturing in adolescence are the **amygdala**, which is responsible for emotional learning and behavior, and the **prefrontal cortex**, which is responsible for planning, organizing, and making good decisions.

Frequent technology use can cause abrupt changes in both the amygdala and the prefrontal cortex, which can lead to mental health issues.

SOCIAL COMPARISON

Cultural capital is the education that develops from parents and is often passed on to their children. It's a form of social capital that helps kids navigate the world.

Technology is a behavior where we compare certain aspects of our lives to others. It's a form of social capital that helps kids navigate the world.

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Intermediate lessons include worksheets, activities, and more in-depth video content.

GRADE TK-6 BASICS CURRICULUM

The material for the youngest learners will focus on **the basics of the brain science behind digital wellness** and the concept of dopamine. By the end of this unit, a TK-2nd grader will be able to understand the connection between dopamine and their feelings, and begin to develop skills to manage their own technology use.

GRADES 3-6 INTERMEDIATE CURRICULUM

Older learners will build on the material established in the Basics Curriculum and explore **how technology relates to mental health and adolescent brain development**. By the end of this unit, 3rd-6th graders will be armed with a full understanding of all basic digital wellness topics and be empowered to build their own healthy relationships with tech.

COMMUNITY EVENTS



PARENT ED PRESENTATION

Inspire, educate and engage parents in a thoughtful dialog about the struggles of raising kids in the digital age and explore digital wellness issues and tips for kids 4-11.



STUDENT ASSEMBLY

A fun, engaging presentation crafted specifically for kids that communicates the science behind digital wellness and relevant SEL topics using facts, humor and empathy.



EXPERT PANEL

Q&A format expert panel bringing together parents, teacher and staff to explore specific aspects of digital wellness such as social media's impact on youth mental health.



DopaMind is a nonprofit organization working to teach kids and their caregivers, parents, and teachers about how to navigate modern technology and empower them to make brain-healthy media choices. Their turnkey programs, including school curriculum and community events, are rooted in easy-to-understand brain science and social-emotional learning and are designed to help kids understand the relationship between technology use and mental well-being. DopaMind also creates original online content for kids using award-winning children's book illustration and for adults with expert interviews, current research, parenting tips, and more.



FIND US ON INSTAGRAM, TIKTOK, & SPOTIFY FOR EXPERT INTERVIEWS, DIGITAL WELLNESS TIPS, & MORE



WATCH OUR SAMPLE VIDEO: HOW VIDEO GAMES AFFECT DIGITAL WELLNESS, NARRATED BY DARREN CRISS