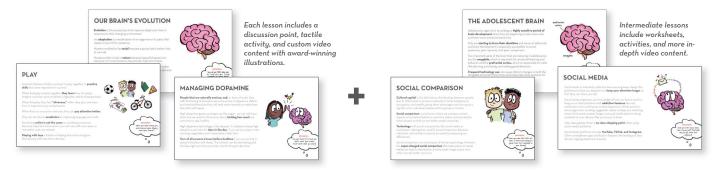


ELEMENTARY DIGITAL WELLNESS

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



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



the science behind digital wellness and relevant SEL topics using facts, humor and empathy.

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 easyst-cunderstand brain science and social-emotional learning and are designed to help kids understand the relationship between technology use and mental well-being. DopaVind also creates original online content for kids using award-winning childrens book illustration and for adults with expert interviews, current research, parenting tips, and more.

age and explore digital wellness issues

and tips for kids 4-11.



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



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