



Headstrong -

Week 6

2020/21

How often do you find your concentration on your phone, not on the world around you? Why do we spend so much time online?



<https://www.youtube.com/watch?v=gwHN1aPq3-I>





What is 'Fear of missing out'?

Why might people experience this?

Is this something you have experienced?

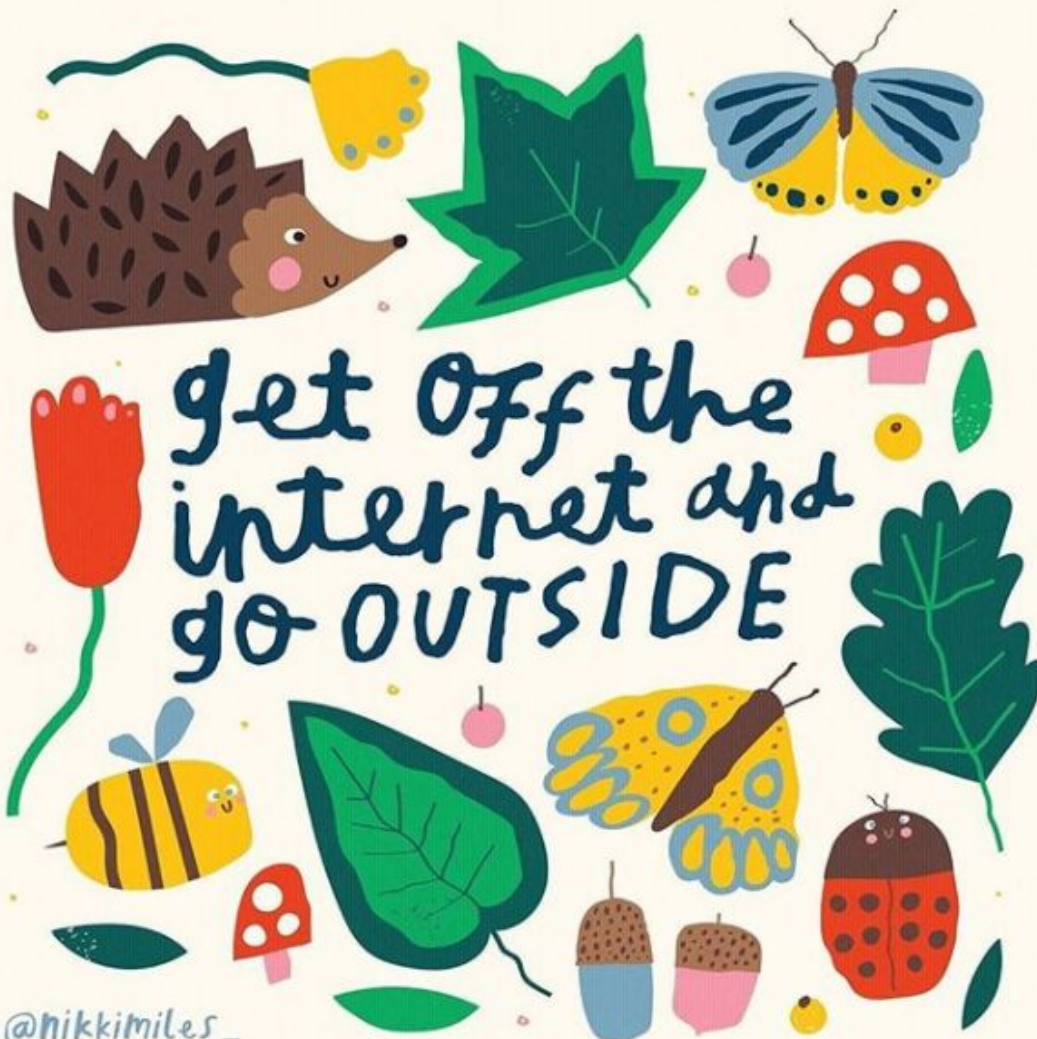
HEALTHY SCHOOLS CHALLENGE:



You can decide which level of challenge you are going to try:

1. Make sure you do not have your phone out whilst you are eating meals.
2. Do not look at social media when you get up in the morning and make sure you have an hour away from your phone at bedtime.
3. Put your phone in a drawer for a day.
4. Spend the week off of social media.





@nikkimiles_



make your
mental health
a priority

mellow doodles

I will Not
Compare
myself
To a stranger
on Instagram

©EMILYCOXHEAD