

# Watch & Reflect

NAME \_\_\_\_\_

DATE \_\_\_\_\_

## Directions

After watching the Digital Life 101 video, answer the questions below.

1. What are the benefits of being connected 24/7?

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2. What are some of the benefits of doing things offline (that don't involve digital media)?

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3. What do you think is the best way to balance using digital media and doing things offline?

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MEDIA BALANCE & WELL-BEING

*We find balance  
in our digital lives.*