

Digital Reset Challenge

Screen time can shape our mood, focus, and overall well-being. This challenge is all about creating healthier digital habits and promoting positivity online—whether that means unfollowing negative accounts, setting screen time limits, or taking a break from social media. Small changes can make a big impact on your students’ mental health. Ready to reset and recharge? Let’s go!

How to Use:

1

Hold a week-long challenge

where students track their screen time, unfollow accounts that negatively affect them, and share positive, uplifting content.

2

Introduce the 5-Day Digital Reset Challenge

to your students. You can lead this challenge as a class, assign it individually, or use it as a journaling activity. Your classroom, your choice.

3

Read the daily activity

to your students and highlight its main focus. You may decide to complete the reflection part of the exercise after each day or complete all reflections together at the end of the challenge.

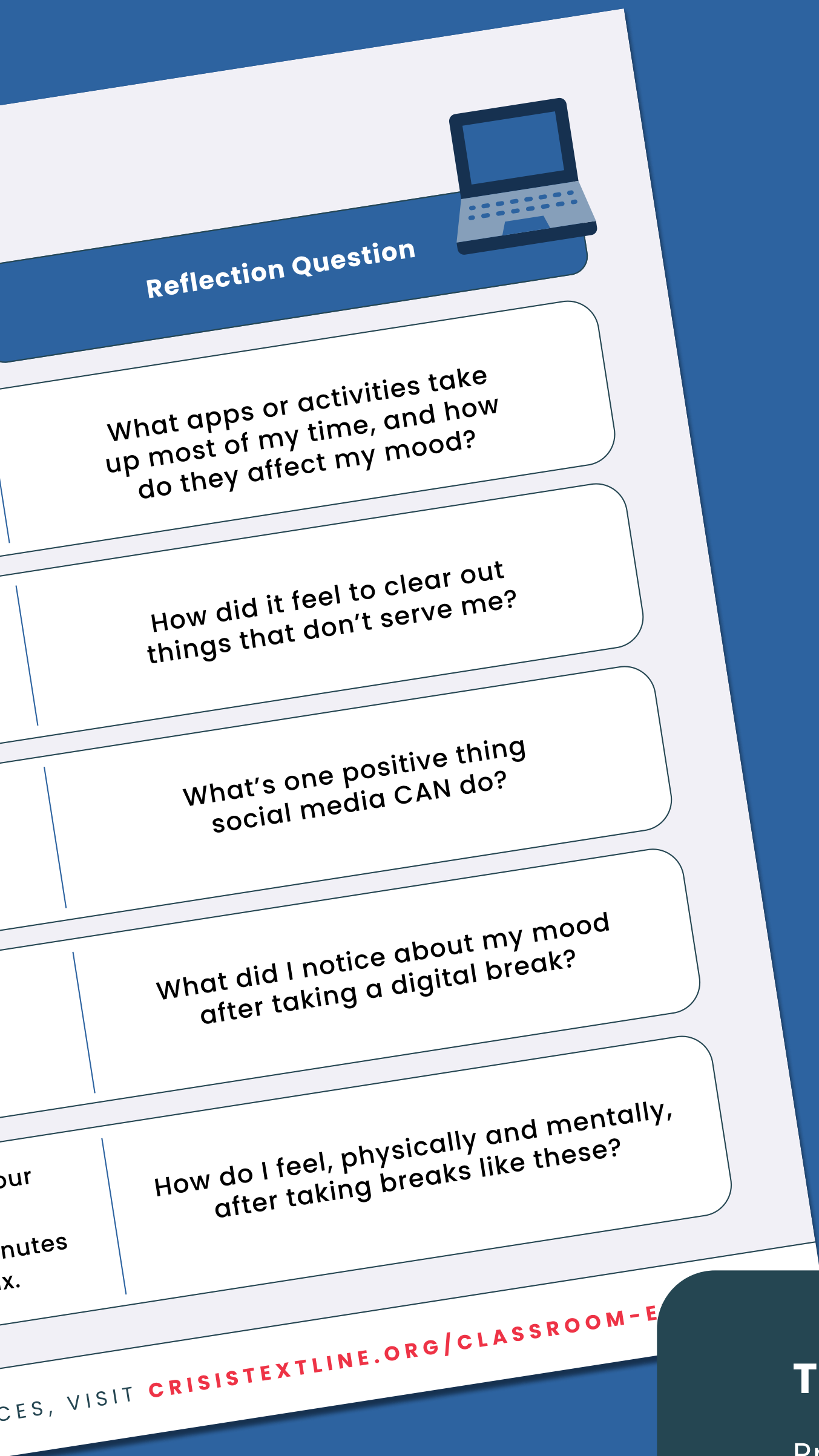
4

Host a classroom discussion

after the challenge has ended or ask your students to write a short reflection on how it felt to reset.

Tip:

Print and display the Digital Reset Challenge page on the board or use it as individual hand-outs.



Digital Reset Challenge



Day	Focus	Activity	Reflection Question
Day 1	Awareness	Track your total screen time today.	What apps or activities take up most of my time, and how do they affect my mood?
Day 2	Feed Reset	Unfollow or mute accounts that make you feel stressed, sad, or less than.	How did it feel to clear out things that don't serve me?
Day 3	Spread Positivity	Share something uplifting or kind online (like a compliment or good news).	What's one positive thing social media CAN do?
Day 4	Offline Joy	Take a 1-hour screen break and reset by doing something fun without a screen.	What did I notice about my mood after taking a digital break?
Day 5	Move or Pause	Move: Get up, stretch and move your body for 5 minutes. Pause: Put your head down for 5 minutes on your desk, breathe and relax.	How do I feel, physically and mentally, after taking breaks like these?

