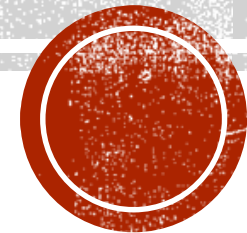


TECHNOLOGY & WELL-BEING

LIVING LIBRARY
by Julia Boulton



E-LEARNING LEADER

Julia Boulton
@julia_boulton

Teacher Librarian, Innovation & E-Learning Leader, PYP, Education Officer - ICT. Find me on rebelmouse
rebelmouse.com/JuliaBoulton

Tweets 5,286 Retweets 706 Followers 773 Favorites 1,271 Lists 24 [Follow](#)

[Tweets](#) [Tweets & replies](#) [Photos & videos](#)

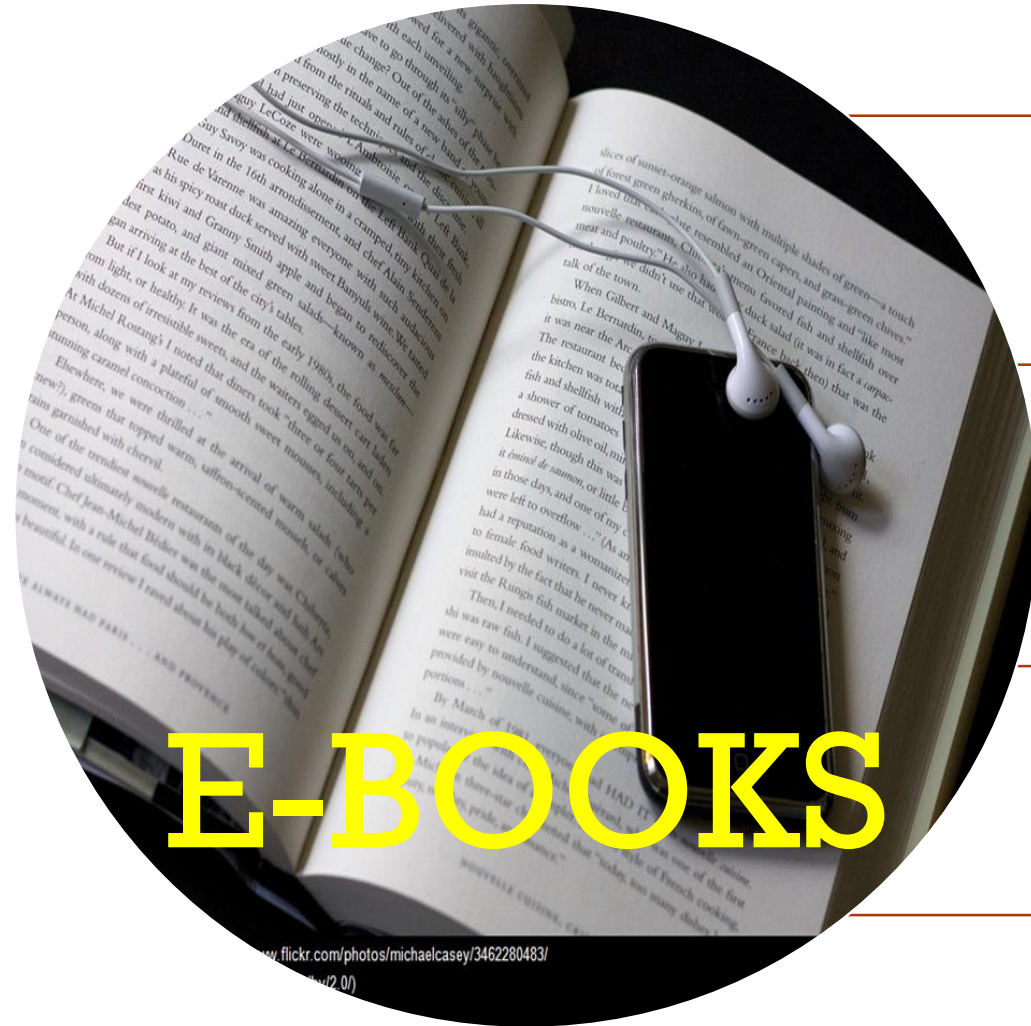
Julia Boulton retweeted
 abcnewsNT @abcnewsNT · 17h
The technology that is helping those who can't speak, communicate using their eyes.
ab.co/1DGbfsn

- **WHAT DO YOU THINK MY JOB IS?**
- **WHAT DOES INNOVATION MEAN?**

WHAT DOES THIS HAVE TO DO WITH TECHNOLOGY & WELL-BEING?



A DAY IN THE LIFE...



CONNECTIONS



PLN



**ONLINE
COMMUNICATION**



FITNESS

PERSONAL

PHYSICAL

MENTAL

SOCIAL

SPIRITUAL



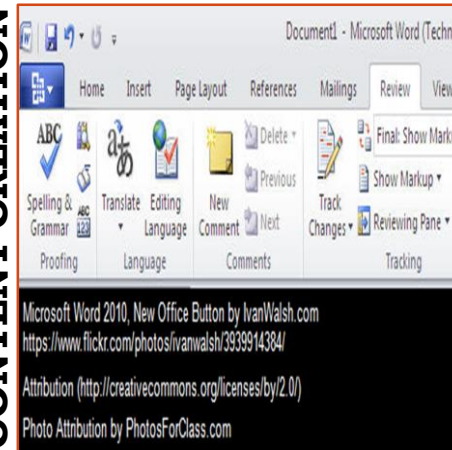
A DAY IN THE LIFE...



TEACHING



CONTENT CREATION



INNOVATION



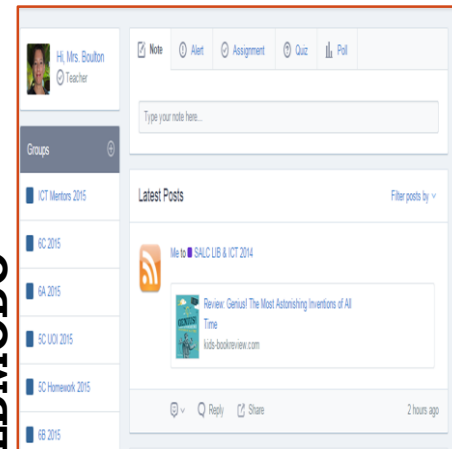
MOODLE



ONLINE DATABASES



EDMODO



PERSONAL

PHYSICAL

MENTAL

SOCIAL

SPIRITUAL



A DAY IN THE LIFE...



**PROFESSIONAL
LEARNING**



PERSONAL

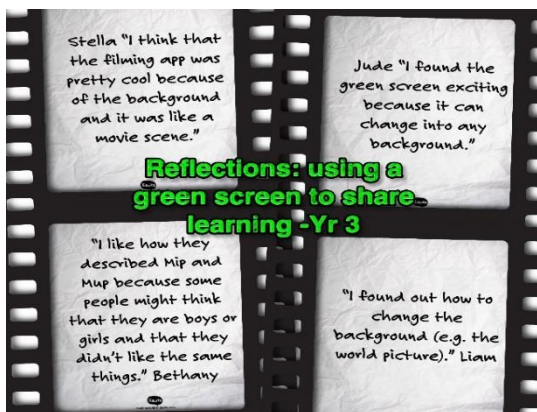
PHYSICAL

MENTAL

SOCIAL

SPIRITUAL





YEAR 3 PROGRAMMING WITH APPS

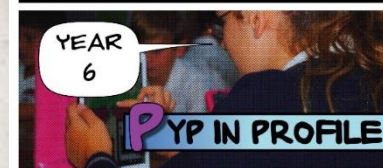
April 30, 2015 by juliab | 0 comments



Programming with Apps

On Monday 27th April, select students from Year 3, with the support of the Year Mentors participated in a PROGRAMMING WITH APPS session.

Programming Yr3



Year 6 Creativity in the PYP through the Exhibition

PERSONAL

PHYSICAL

MENTAL

SOCIAL

SPIRITUAL



internet, Moodle, websites, books, reading lists (online tools)

E-BOOKS & AUDIO BOOKS

ICT TRAINING

Wearable Technologies

- *FITBIT/Garmin*
- *heart rate monitor*

ONLINE CONFERENCE

TROUBLESHOOTING

*EMAIL
LISTSERV
TWITTER
BLOGS*

EDMODO, EMAIL, READING INTERVIEWS

**RESEARCHING
UOI
DIGITAL TECHNOLOGIES**

RESOURCE CURATION

SOFTWARE PROGRAMS

ELECTRONIC PLANNING

TROUBLE SHOOTING

IPADS AND APPS

GPS

AN AVERAGE DAY...

PERSONAL

PHYSICAL

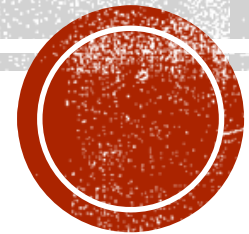
MENTAL

SOCIAL

SPIRITUAL



HOW DOES TECHNOLOGY HAVE AN EFFECT ON WELLBEING?



Physical, social, emotional and spiritual
wellbeing

PERSONAL

PHYSICAL

MENTAL

SOCIAL

SPIRITUAL

What is a *healthy* balance?

Q: Is technology affecting your health?



PERSONAL



PHYSICAL



MENTAL



SOCIAL

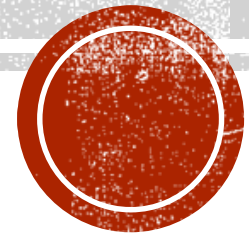


SPIRITUAL



ELEVATOR PITCH

Group Challenge



**TECHNOLOGY IS
GOOD FOR OUR
WELL-BEING.**

QuotePixel.com





Created by Dirk Rowe
from the Noun Project

Created by Edaimon DeJuan
from the Noun Project

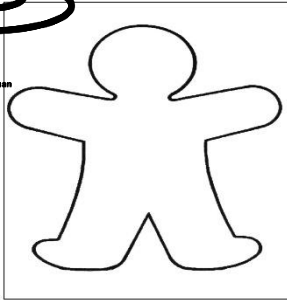
WHITE HAT

Can video games have
beneficial effects on their
players?

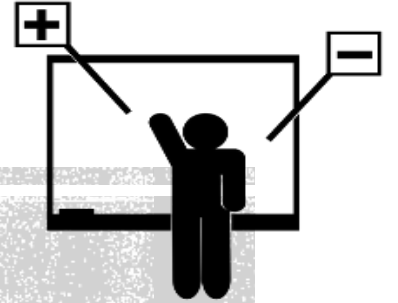




Q: Is technology affecting your health?



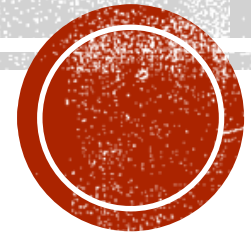
Created by Edouard DeJuss
from the Noun Project

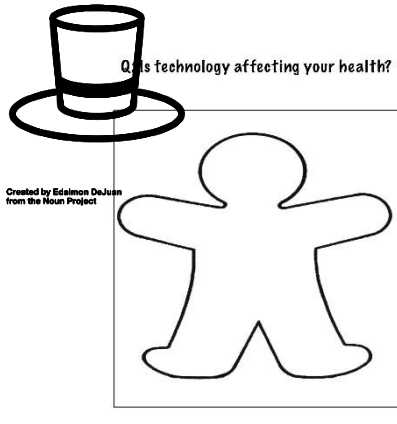


Created by Adam Mullin
from the Noun Project

PROS & CONS

Is it possible to use the
internet too much?



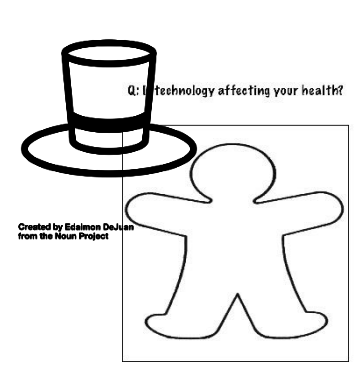


Created by Jens Tärning
from the Noun Project

REFLECTION

Do we know more
technology means less
exercise?

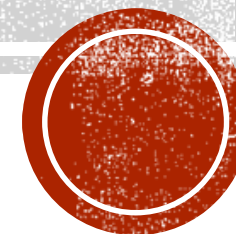




Created by Edward Boatman
from the Noun Project

SPIRITUAL & EMOTIONAL HEALTH

Tools to reflect, connect and grow
spiritually





Created by Dirk Rowe
from the Noun Project



Created by Edalmon DeJuan
from the Noun Project

WHITE HAT



Is the internet rewiring our brains
and should we be concerned?