



# AGB Digital Literacy Workbook

Welcome to your personal training ground  
for the digital world!



This is your place to explore your creativity  
and reflect on your online activity!

## Page 1: Connecting Online

What are some ways you feel connected, creative, or confident online?

### **Activity:**

List 3 positive things you've done online recently!

1.

2.

3.

## Page 2: Social Media Power

What do you like to use social media for?

### **Activity:**

Describe your "social media self" as a superhero:

1. What are your powers online?

2. What platforms do you use?

3. What's your online mission?

## Page 3: Explore the world of YouTube

What kinds of videos do you like to watch?

### **Activity:**

Search for a video that teaches you something new!

1. What video did you watch? Write the title here.

2. What did you learn about?

## Page 4: Create your own story!

How do you express yourself online?

### **Activity:**

Write or sketch 3 ways you could use online tools to share your creativity!

1.

2.

3.

## Page 5: Find tools for your inner peace!

What helps you feel calm when using technology?

### **Activity:**

Circle any apps or activities you already use!

- Calm app
- Finch
- Music
- Podcasts
- Yoga
- Coloring
- Nature sounds
- Audiobooks

Write one new thing you would like to try:

## Page 6: Stay connected with intention!

Who do you feel most connected to online?

### **Activity:**

Write a message to someone (real or imaginary) you care about online:

"Hey \_\_\_\_\_, I just wanted to say....."

## Page 7: Use the web with wisdom

What does it mean to you to scroll online with a purpose?

### Activity:

Create your own Digital Rules:

1. I will share \_\_\_\_\_

2. I will protect \_\_\_\_\_

3. I will take a break when \_\_\_\_\_

## Page 8: Keep your connections strong!

What is one goal you have online this month?

### **Activity:**

Complete this sentence!

1. This month, I will use technology to:

## Page 8: Keep your connections strong!

Sign this page and celebrate the journey!

I, \_\_\_\_\_, am now ready to connect, create,  
and use the web with wisdom!

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

