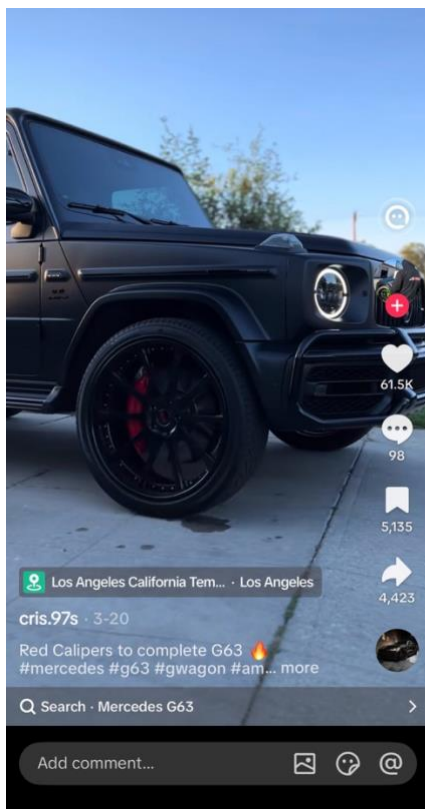


DS 1 Template

My Screenshots/Photos

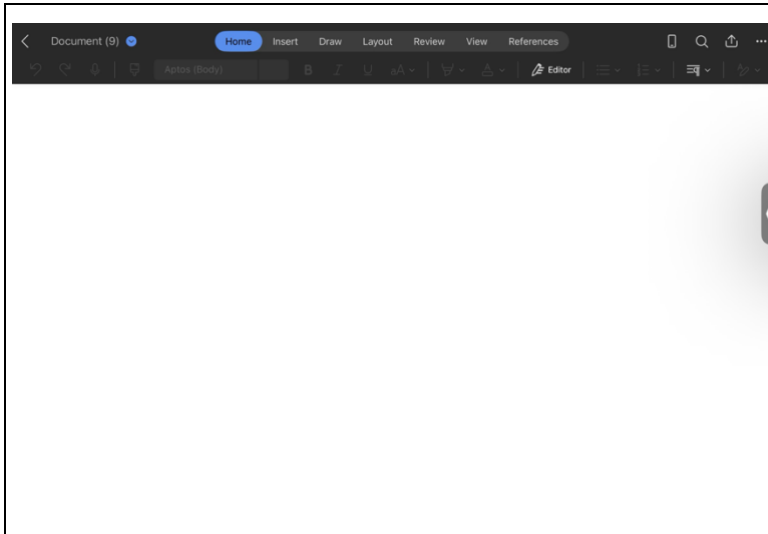
- Please add 4–6 screenshots or photos of your digital life.
- You can use your phone or laptop.
- For each screenshot, write one or two sentences explaining what it shows.

Screenshot/Photo 1



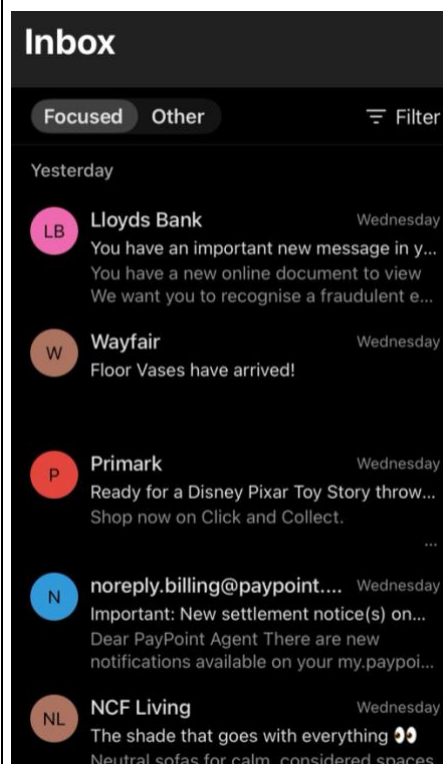
This screenshot shows me using TikTok. I use TikTok to watch videos, learn new things, and keep up with trends and content that interests me. It is one of the apps I use for entertainment and discovering new information.

Screenshot/Photo 2



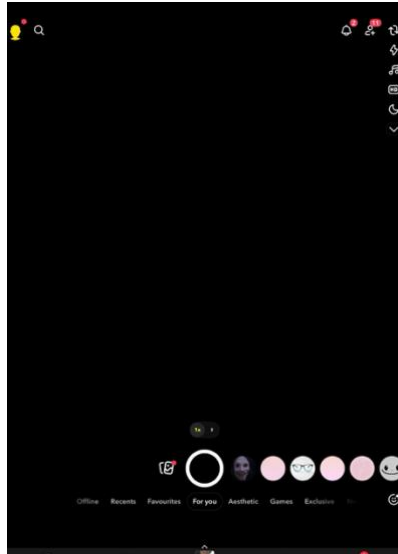
This screenshot shows me using Microsoft Word. I use Word to create documents, complete assignments, and organise my written work. It is an important tool for my studies and everyday tasks.

Screenshot/Photo 3



This screenshot shows my email inbox. I use email to receive important messages from banks, shops, and other organisations. My email helps me stay informed and manage important information online.

Screenshot/Photo 4



This screenshot shows me using a social media app - Snapchat. I use social media to keep in touch with friends, view updates, and discover new content that interests me.

My Short Reflection

- Write 5–8 simple sentences about your digital life.
- You can use the sentence starters below if helpful.

I use digital tools every day for communication, entertainment, and learning. I often use social media apps such as Snapchat and TikTok to keep in touch with friends and view content that interests me. I also use email to receive important messages and stay organised. Microsoft Word helps me complete assignments and create documents for my studies. I feel confident using basic digital tools, but I would like to improve my digital skills and learn more about technology. I hope this module will help me become more confident and efficient when using digital tools. Digital skills are important for me because they help me in education, work, and everyday life.

Sentence starters

- I use digital tools to ...
- I feel confident when I ...
- I want to improve ...
- I often use these tools: ...
- I sometimes feel nervous about ...
- I hope this module will help me ...
- Digital skills are important for me because ...

You can write more if you want.

Submission Checklist

Before you submit, please check:

- ☐ I added 4–6 screenshots
- ☐ I wrote short sentences for each screenshot
- ☐ I wrote my short reflection
- ☐ My work is my own
- ☐ My file opens correctly
- ☐ My file opens correctly