

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

Screenshot/Photo 2

Screenshot/Photo 3

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[this digital progress allows me to vividly look back at my pregnancy journey and cherish the first magical moments of seeing my baby grow.

Screenshot/Photo 4

[Insert Photo/Screenshot below]



[my digital life allows me to capture,share,and cherish important life milestone and connections with the people around me

Screenshot/Photo 5

[
m



[my digital life is a bridge to my most meaningful real world moments ,allowing me to store and look back on precious memories.

Screenshot/Photo 6

[real world experience and shared and allowing us to instantly capture an outdoor adventure.



[Write what this shows of your digital life]

My Short Reflection

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

I use my laptop in my class for class work.

My smartphone helps me to stay connected with my friends and family who live far away from me.

I can check update of my closeone by online.

Social media allows me to share interesting updates with others

I enjoy watching videos and listening to music online

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