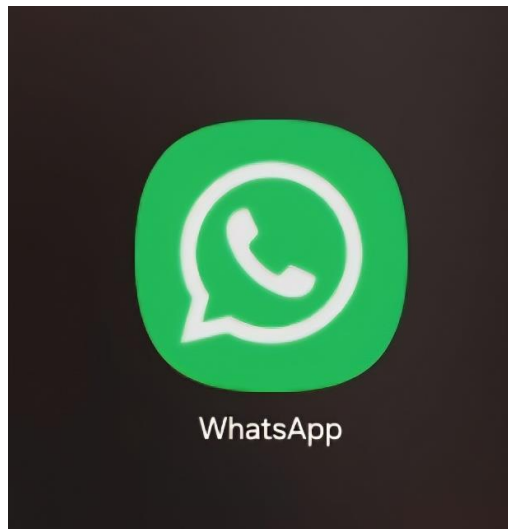


DS 1 Template

My Screenshots/Photos

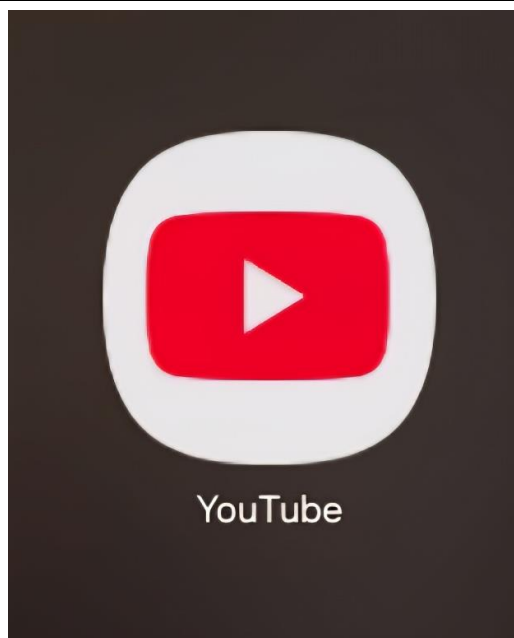
- Please add 4–6 screenshots or photos of your digital life.
- You can use your phone or laptop.
- For each screenshot, write one or two sentences explaining what it shows.

Screenshot/Photo 1



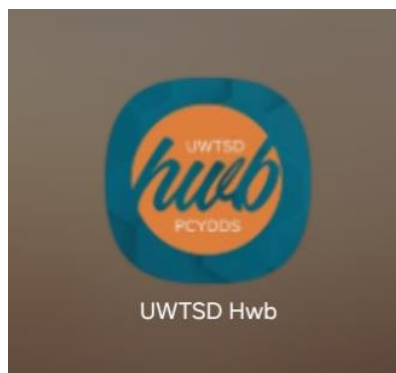
I use messaging apps to keep in contact with my friends and family.

Screenshot/Photo 2



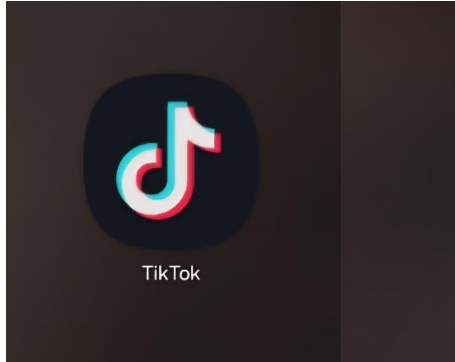
This shows how I use my phone for entertainment in my free time.

Screenshot/Photo 3



I use digital tools to complete schoolwork, find information and communicate with teachers.

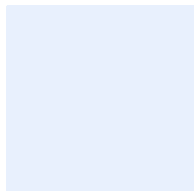
Screenshot/Photo 4



This screenshot shows how I use social media to communicate with friends and see what is happening online.

Screenshot/Photo 5

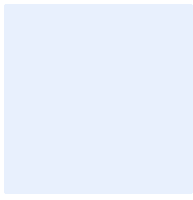
[Insert Photo/Screenshot below]



[Write what this shows of your digital life]

Screenshot/Photo 6

[Insert Photo/Screenshot below]



[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 digital tools every day for school, communication and entertainment.

I often use my phone to talk to my friends and family.

I also use digital tools to complete my schoolwork and find information.

I feel confident when using basic apps and websites.

I want to improve my computer and digital skills.

Sometimes I feel nervous about learning new technology.

I hope this module will help me become more confident with digital tools.

Digital skills are important for me because they will help me in my education and future work.

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