

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.

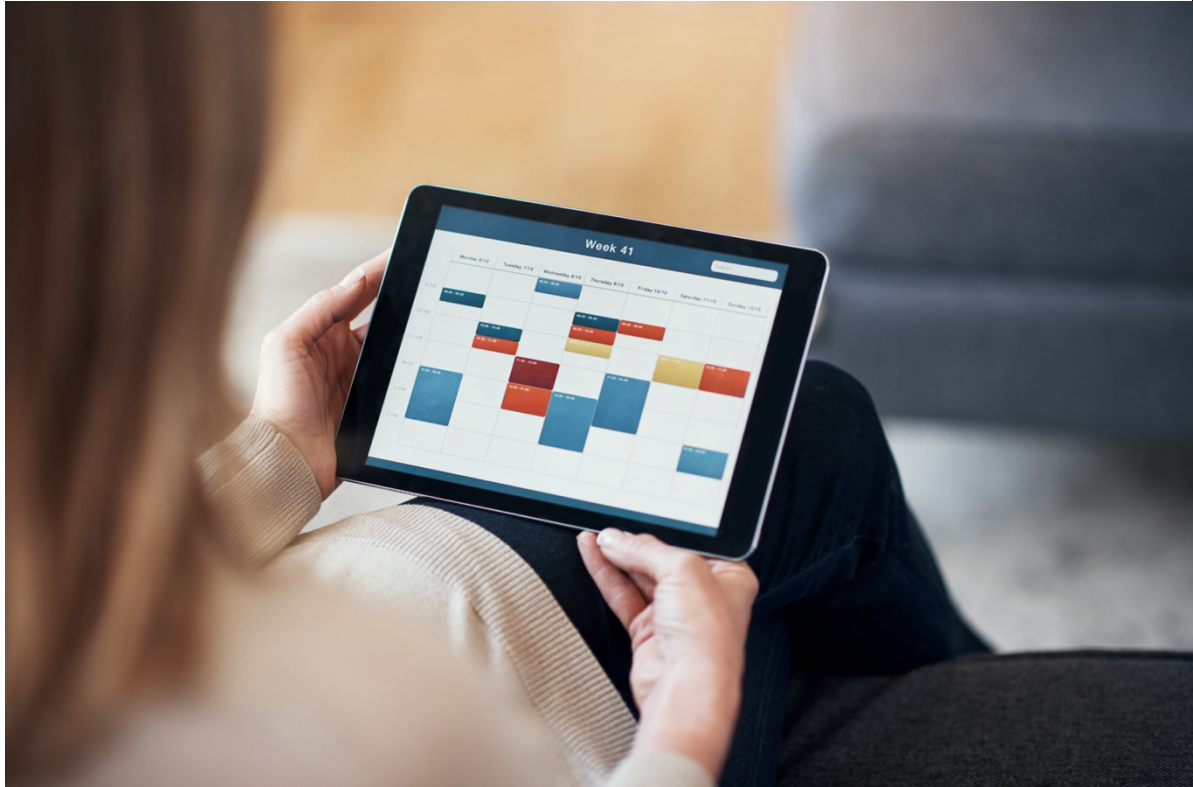
Screenshot/Photo 1

I use my phone for so many things like: Online banking or to find my location and maybe to find information



Screenshot/Photo 2

I use my tablet for a handfull of things like digital drawing or editing pictures or even for work duties



Screenshot/Photo 3

I use my laptop for stuff like school assignments or watching movies but most of the time I use it for more complex task that can not be performed on the other two devices



Screenshot/Photo 4

I use my pc for different tasks like gaming and software and hardware comparisons or for shopping or for the more complex and hard tasks that my laptop can not acheive



Screenshot/Photo 5

I use my smart watch for thing like tracking my calories or my bpm so I will be in shape and healty or to keep track of my steps and places I have been to



[Write what this shows of your digital life]

Screenshot/Photo 6

I console for entertainment and fun after a stressful day



[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.

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