

DIGITAL DETOX - COUNSELLING SESSION

EVENT: Counselling Session on Digital Detox

DATE: 11 August 2025

CONDUCTED FOR: Class 6B

An engaging, activity-based counselling workshop was conducted in Class 6B on the theme **"Digital Detox – Manage Screen Time and Stay Safe in Cyberspace."** Students began by calculating their daily screen time, which prompted insightful discussions about the extent of their gadget use. They then brainstormed and listed alternative activities they could enjoy without using devices, from spending quality time with family to engaging in hobbies and playing with friends.

The workshop also highlighted how excessive screen use can cause children to miss out on real-life connections and experiences. In addition, students learned practical tips for using the internet safely and responsibly, reinforcing the importance of balancing technology with offline life.

Learning Outcomes:

- Self-assessment of personal screen time
- Identification of meaningful offline activities
- Awareness of safe and smart internet practices

