

## LESS SCREEN, MORE LIFE

**ACTIVITY: Digital Detox Posters**

**DATE: 7 April 2026**

**CONDUCTED BY: Class 8A**

The students of Class 8A participated in an engaging poster-making activity on the theme *Digital Detox*. Through their creative expressions, students highlighted the importance of reducing screen time and maintaining a healthy balance between the digital world and real life. Using impactful slogans, vibrant colours, and thoughtful illustrations, they conveyed messages about mindful technology use, spending quality time offline, and prioritising mental and physical well-being. The activity encouraged students to reflect on their own digital habits while promoting awareness about the benefits of disconnecting and reconnecting with the world around them.

