



VIDEO 1

Digital Resilience and Its Importance

What is digital resilience?

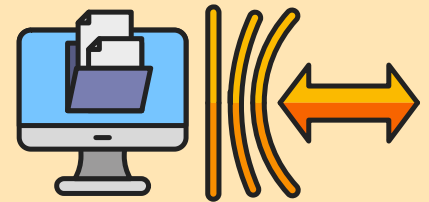
- Coping with digital challenges and change
- Staying calm, focused, and in control
- Managing stress and using technology mindfully

Why it matters:

- High digital workload and constant demands
- Challenges: multitasking, screen fatigue, pressure to adapt, emotional overload

Benefits:

- Supports well-being and reduces stress
- Enables confident use of digital tools
- Maintains teachers' and students' well-being



Reflection:

Can you think of a moment when digital media overwhelmed or challenged you? Maybe a tech failure mid-lesson? Or a moment of burnout after too many hours online? Or moments outside of the classroom?

- What exactly happened, and what made it challenging?
- How did you react emotionally and practically in that moment?
- Looking back, what worked well in your response—and what would you change?
- What strategies could you apply next time to stay more calm, focused, and in control?

VIDEO 2

Dealing with digital stress

What is digital stress?

- Information overload
- Permanent availability
- Social comparison and digital noise
- Digital multitasking

Impact:

- Physical: Headache, tired eyes, muscle tension, cardiovascular problems
- Psychological: Concentration problems, fatigue, anxiety, depression, burnout

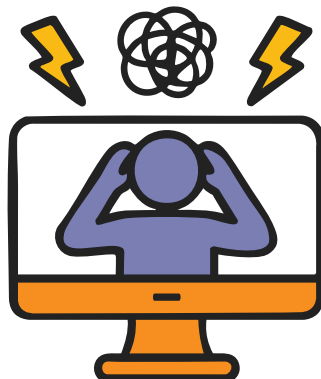
Coping strategies:

- Set boundaries
- Take regular screen breaks
- Manage notifications
- Prioritise tasks
- Ask for support

Reflection:

Ask yourself:

- Do I feel in control of my screen time—or is it controlling me?
- How often do I allow myself time away from screens?
- Can I truly disconnect at the end of the workday?
- Do I have healthy boundaries between work and personal life? When I feel stressed, do I know what helps me reset?



VIDEO 3

Improving concentration skills

Problem: Constant digital interruptions lead to cognitive overload and slower processing.

Digital distractions

- Notifications
- Multitasking
- Information overload

Cognitive Overload

- Overstimulation
- Decreased memory
- Slower processing

Cognitive Load Theory – Why overload makes focus difficult

- Working memory has limited capacity
- Too much input = overload
- Leads to stress, errors, and reduced learning

Distraction leads to

- Lower productivity
- More stress & fatigue
- Time wasted refocusing

Strategy: Pomodoro Technique: 25 minutes of focus followed by a 5-minute break, repeat 4x, then longer break

Reflection:

Your turn to plan:

- Pick one task to try the Pomodoro technique on
- Find your best focus time
- Plan short, energizing breaks
- Commit to giving it a go



ADDITIONAL VIDEO

Practical Concentration Techniques

Focus strategies:

- Single-task instead of multitasking
- Use short to-do lists and task batching

Environment matters:

- Create a quiet, tidy workspace
- Use tools to reduce noise and distractions

Breaks & energy:

- Take regular, mindful breaks
- Move, stretch, and hydrate

Digital boundaries:

- Silence notifications during focus time
- Plan tech-free moments
- Reduce digital eye strain

Key message: Small, practical changes can significantly improve focus and reduce digital distraction



Reflection:

Take a moment to reflect:

- Which of these strategies feels most useful for you right now?
- How could you integrate it into your daily routine as a teacher?
- And what kind of break or energizer works best for you?

VIDEO 4

Protecting Your Data

Why data safety matters:

- To protect your own information,
- To protect sensitive student data, and
- To build trust in your online classroom.

Password Safety: Use 12+ characters and a password manager; avoid personal details.

Security Tools: Enable Two-Factor Authentication (2FA) for all teaching platforms and adjust privacy settings.

Maintenance: Regularly update your browser, apps, and operating system to fix security gaps.

Downloads: Only download apps and documents from reliable sources. **Phishing Defense:** Always hover over links to check addresses and never share login codes.

Reflection:

Which area of data safety could you improve today?

- Review your current practices (passwords, updates, downloads, etc.).
- Which area presents the biggest risk in your daily work?
- Are there habits you rely on that might not be secure (e.g. reused passwords)?
- What is one immediate action you can take to improve your data security today?



VIDEO 5

Encouraging Critical Thinking

Why it matters:

Online information is not always reliable
Essential for digital literacy and informed decisions
Teachers model critical thinking for learners

How to teach it:

Ask guiding questions (source, purpose, reliability)
Compare different sources and perspectives
Practice fact-checking and verification
Encourage reflection on information and opinions

Benefits:

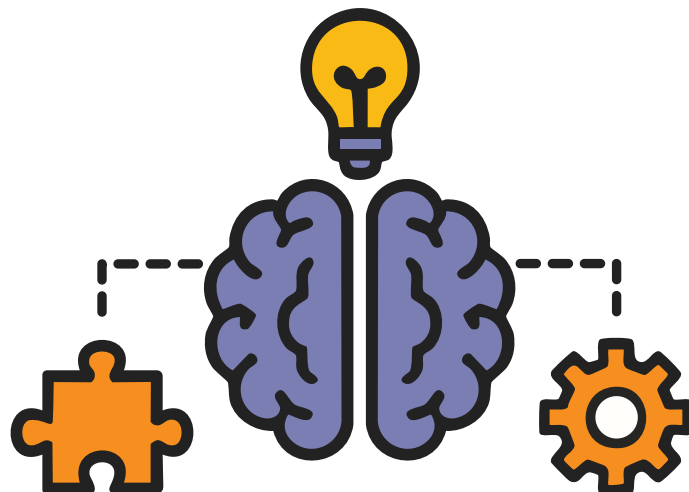
Builds learner confidence and independence
Promotes responsible online behaviour

Key message: Critical thinking helps learners navigate digital information safely and confidently.

Reflection:

Reflect on how you currently teach or critical thinking in class.

- What strategies do you already use to promote critical thinking?
- Where could you strengthen your approach?
- What is one new activity or method you could try in your next lesson?



VIDEO 6

Copyright

Why it matters:

- Respects creators' rights
- Keeps teaching legally safe
- Models responsible use for learners

Safe practices:

- Use your own or openly licensed materials
- Always check and follow licenses
- Give credit to creators

Key message: Using materials responsibly protects you and teaches learners good digital practices

Reflection:

- Think of a resource you've recently used in your teaching.
- Was it copyright-safe?
- How do you know?
- And what would you do differently next time to make sure?

Can I use this?

