

Name:

Date:

Digital Literacy: why is it hard to stop playing a computer game?

SELF-REGULATION WHEN ONLINE

How do you feel when you play a computer game?



Happy



Calm



Focused



Bored



Relaxed

How do you feel when you are asked to stop?



Annoyed



Anxious/Worried



Silly



Frustrated



Angry



Sad



What is your personal action plan around your use of apps and games?

intermittent rewards

dopamine

pre-frontal cortex

compulsive/addictive

I notice that

My habit is to

My reaction can be to ...

I would like to change....