

# Digital Wellbeing from curriculum perspective

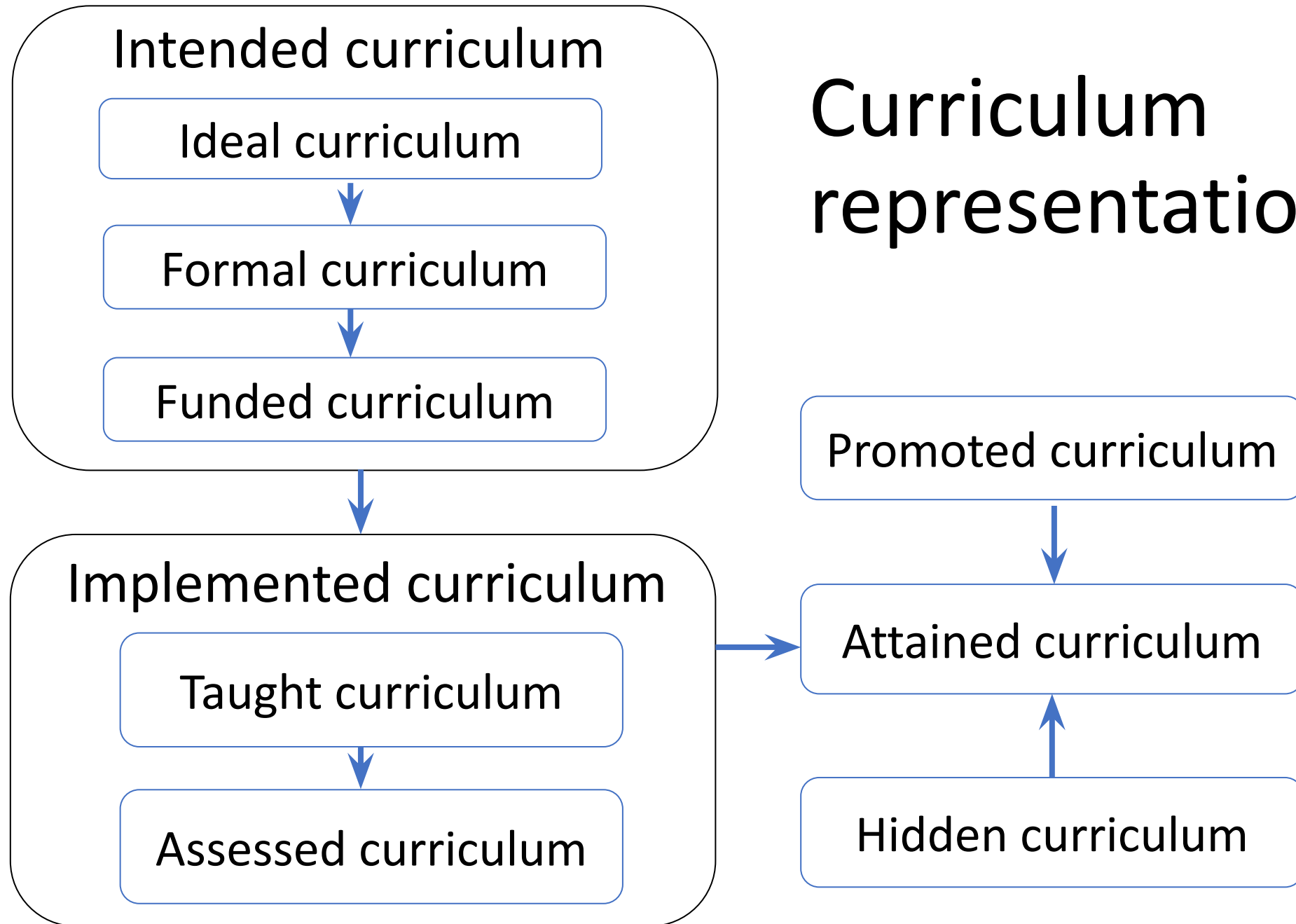
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# Curriculum representations



*Inspired by Thijs & van den Akker, 2009)*

# How a new topic (such as Digital Wellbeing) can enter the curriculum

- A new subject/course (e.g. Computational Thinking)
- A new topic (or set of learning outcomes) inserted to the syllabus of an existing subject/course
- A new cross-curricular theme (e.g. sustainability, circular economy)
- A new key competence (e.g. entrepreneurial, digital competence)
- Extracurricular program (e.g. MakersRedBox)
- Competitions (e.g. First Lego League, Bebras, hackathons)
- Regular projects (e.g. Image of the Other, Digital Prototyping)
- Campaigns (e.g. Safer Internet Day)

# Digital Wellbeing: looking for allies

- Health studies subject/course
- Digital Competence (digital hygiene) as a key competence
- Mental health campaigns
- Safer Internet Day
- Satisfaction surveys (e.g. SELFIE tool)