

The Digital Adventures of Ava and Chip

Use this chart to help you record when you interact with **Technology**. This can be when you are at home or outside of the home. Then discuss the technology with a grown up. For example, the benefits or any disadvantages you noticed with the technology, or any ways you feel it can be improved.

Always speak with a grown-up before going online

| <i>Example</i> | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|---------|-----------|----------|--------|----------|--------|
| <i>Used an app to identify plants</i> | | | | | | | |
| <i>Scanned shopping at the supermarket</i> | | | | | | | |
| <i>Played a computer game</i> | | | | | | | |
| <i>Spoke to family members online</i> | | | | | | | |

