

# DIGITAL WELLNESS IN ACTION



# Family DIY

Learn as a Family

#### What is DIY?

You can learn just about anything online by doing a bit of research. There are millions of activities and videos to teach you to Do-It-Yourself (DIY),

whether it is for making a new meal, fixing an appliance, or learning a new dance. There is something for everyone and there is definitely something you can learn and do as a family!

#### Why is it important?

Spending quality time together is all about bonding and sharing experiences together. Learning how to do something new together is a powerful experience. It will also demonstrate to your child how technology can be used to learn, create and inspire in positive ways; and how to search and evaluate the credibility and safety of the information seen.

#### **How** can we do family DIY?

Search for a something that is of interest to the whole family and that you would like to learn and do together! Find a step-by-step activity online or watch a DIY video together before trying it out as a family project.

Goal

Learn and do something new together as a family, with the help of an online video or website



#### **Action Plan**

- As a family, discuss about things you would like to learn how to do together.
- Get some inspiration:
  - Watch this <u>video about an amazing girl that mastered</u> <u>dubstep dancing using Youtube videos</u>
  - Research skills that can be learned with Youtube
  - Try a new <u>recipe</u>, or a backyard <u>game</u>, an <u>arts & craft</u> project, or become a family of <u>scientists</u>.
- Chose one (or more) things to learn.
- Do some research together to find a video or website that will help you towards your goal.
- Gather all the material needed and try it!

## Consider

- Safety as not every on the internet is true or safe to try! Make sure the website or video is appropriate for the age and maturity of your child.
- Documenting your progress and final outcome. Remember it is all about the process, not the result!

# Debrief as a family

- What went well?
- What was tricky?
- What are our next steps?

### Go further

- Challenge your family to learn something new each month using different websites or videos. Rotate who gets to choose the next family DIY project!
- Create your own video or step-by-step document on something you like doing to teach other families and share it online.

