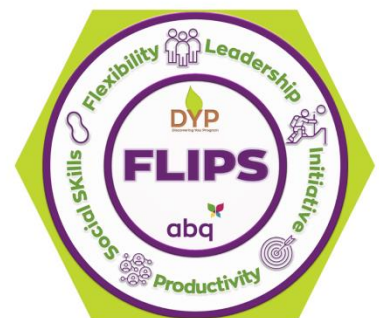




# Productivity



Grade 8



Mentee: .....

Grade: ..... Date: .....

### PRODUCTIVITY ACTIVITY:

Digital Detox Challenge: Spend one hour working on a task without using any digital devices.

What task did you complete during your digital detox? Did working without devices help you focus? Was it easy to ignore all devices? How did it make you feel to not have access to it?

