

**HELP**

Health | Educators | Learners | Parents

**CONFERENCE**

*Improving outcomes for  
children with serious illness*

**Re Connect and Re Imagine**

29-30 AUGUST 2022 | RADISSON BLU SYDNEY

#helpconference2022

Proudly hosted by



Ronald McDonald  
House Charities®  
Australia

**I have cities, but no houses.  
I have mountains, but no trees.  
I have water, but no fish.  
What am I?**

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# Mindfulness and Technology

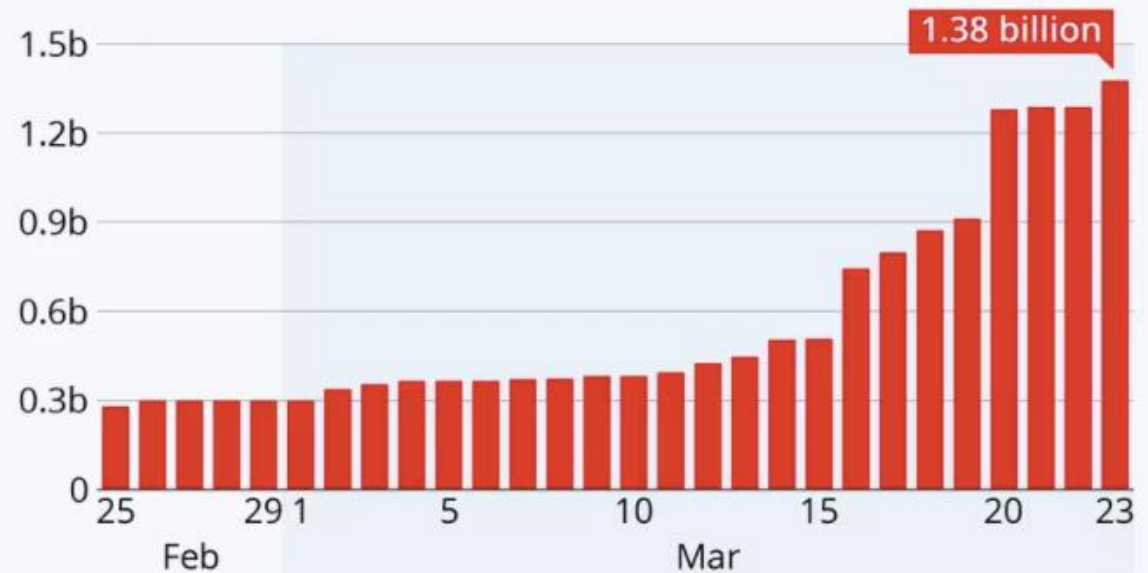
## How to Reconnect with Students in the Modern Age

Stephanie Pavlinovich and Renae Anthony  
Ronald McDonald Learning Program  
Western Australia

# Objectives

## COVID-19's Staggering Impact On Global Education

Number of learners impacted by national school closures worldwide



Figures refer to learners enrolled at pre-primary, primary, lower-secondary, and upper-secondary levels of education, as well as at tertiary education levels.

Source: UNESCO



statista

More than four in five children own at least one screen-based device. The average is

**3 devices owned by each child.**

# Growing Up Digital

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*"I was anti-technology and wanted less time on devices at school. Now I am pro-technology and believe it opens up a wider opportunity for education".*

*"My child's screen time during lockdown was difficult to monitor and limit. And this now continues even after lockdown".*



# What is mindfulness & Mindful technology?



Mindfulness



Maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens.



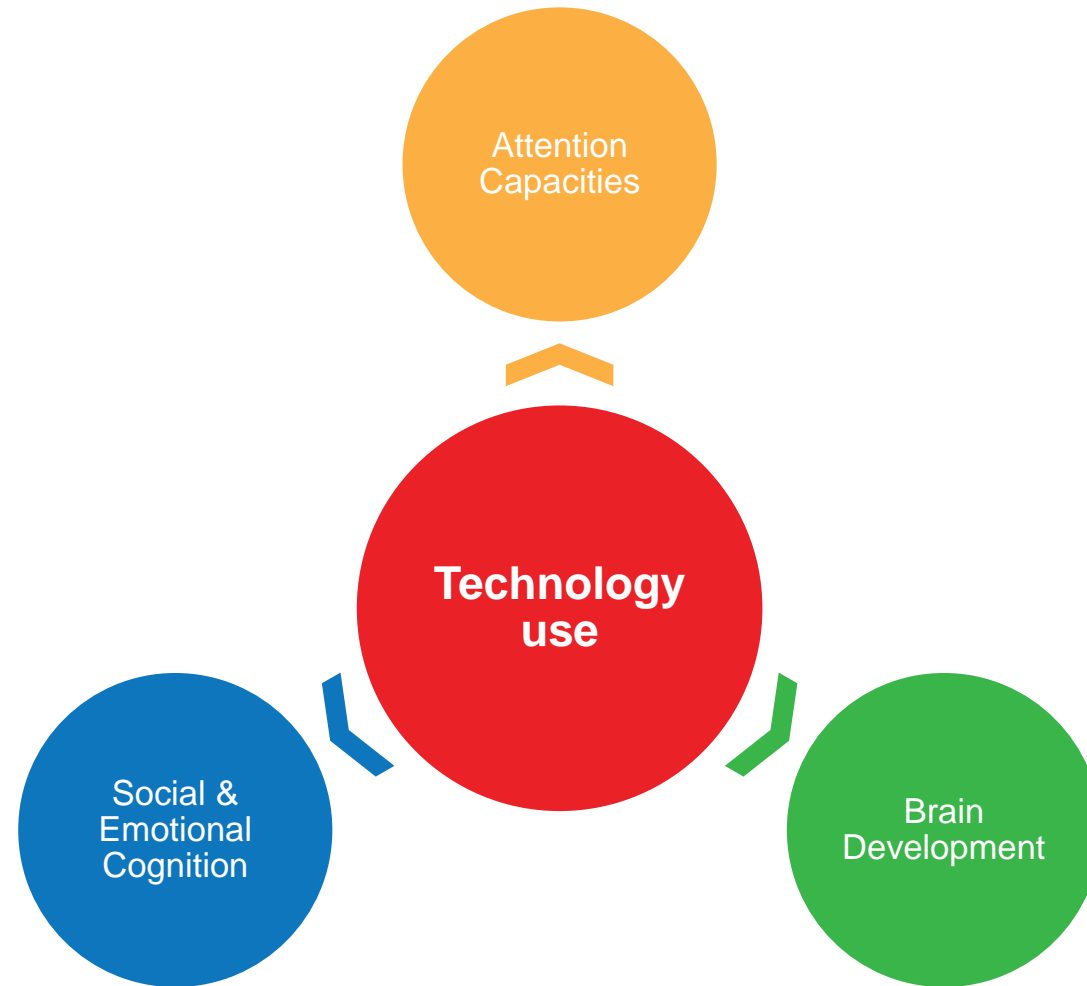
Mindful Technology



Instead, our goal should be to become more aware of how and when we're using technology—and only use technology when it benefits us to do so.



# Impact



# Brain Health Benefits

Table I.

**Health-promoting digital technology strategies for the aging brain.**

<b>Strategies</b>	<b>Brain-Health Promoting Targets</b>
<b>Online searching</b>	Neural activation of circuits controlling decision-making and complex reasoning
<b>Cognitive training games</b>	Global cognition, memory (immediate, delayed, and working), attention, learning abilities
<b>Racecar videogames with distracting road signs</b>	Multitasking skills
<b>N-back task training games</b>	Working memory, fluid intelligence
<b>Action videogames</b>	Visual attention, reaction time, task-switching abilities
<b>Monitoring apps</b>	Heart rate, breathing patterns
<b>Psychotherapy, educational apps</b>	Mood, sleep, social support

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An illustration of five diverse people sitting in a circle on the floor, meditating in a lotus position. They are shown from the waist up, with their eyes closed and hands resting on their knees. The people have various skin tones and hair colors. A white rectangular box with a thin border is centered over the group, containing the text 'Practical Strategies' in a bold, blue, sans-serif font. A thin horizontal line is positioned below the text within the box.

# Practical Strategies



# Fine Motor Challenge

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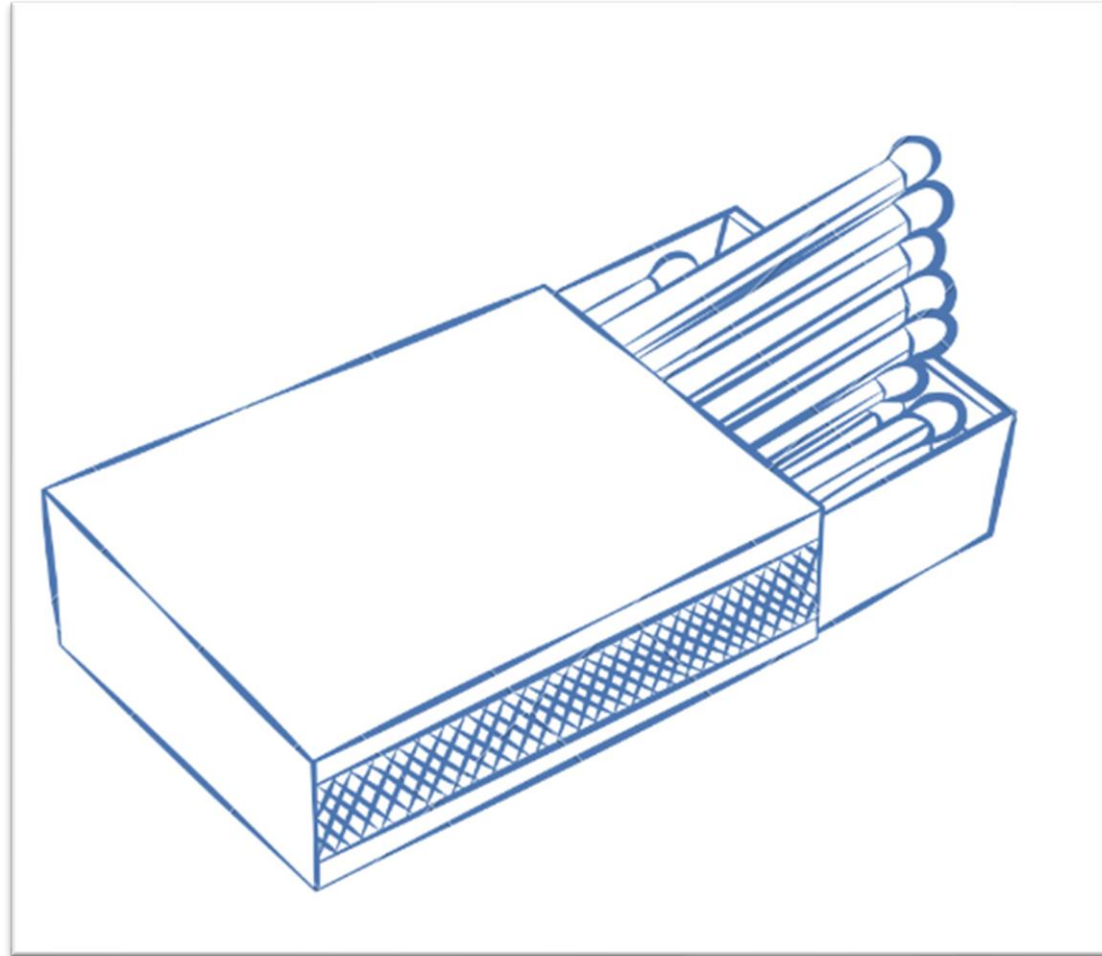
# Body Scan

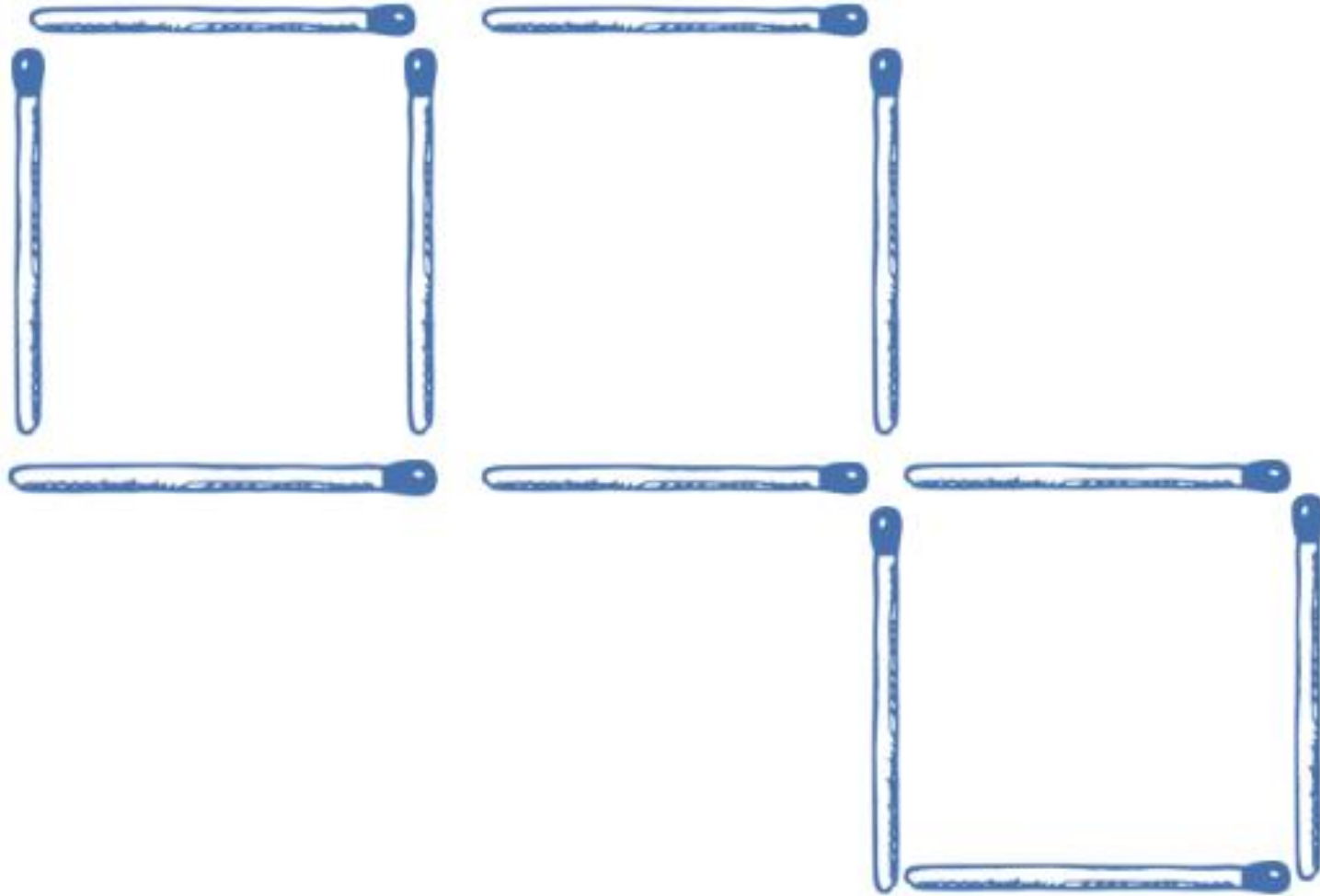
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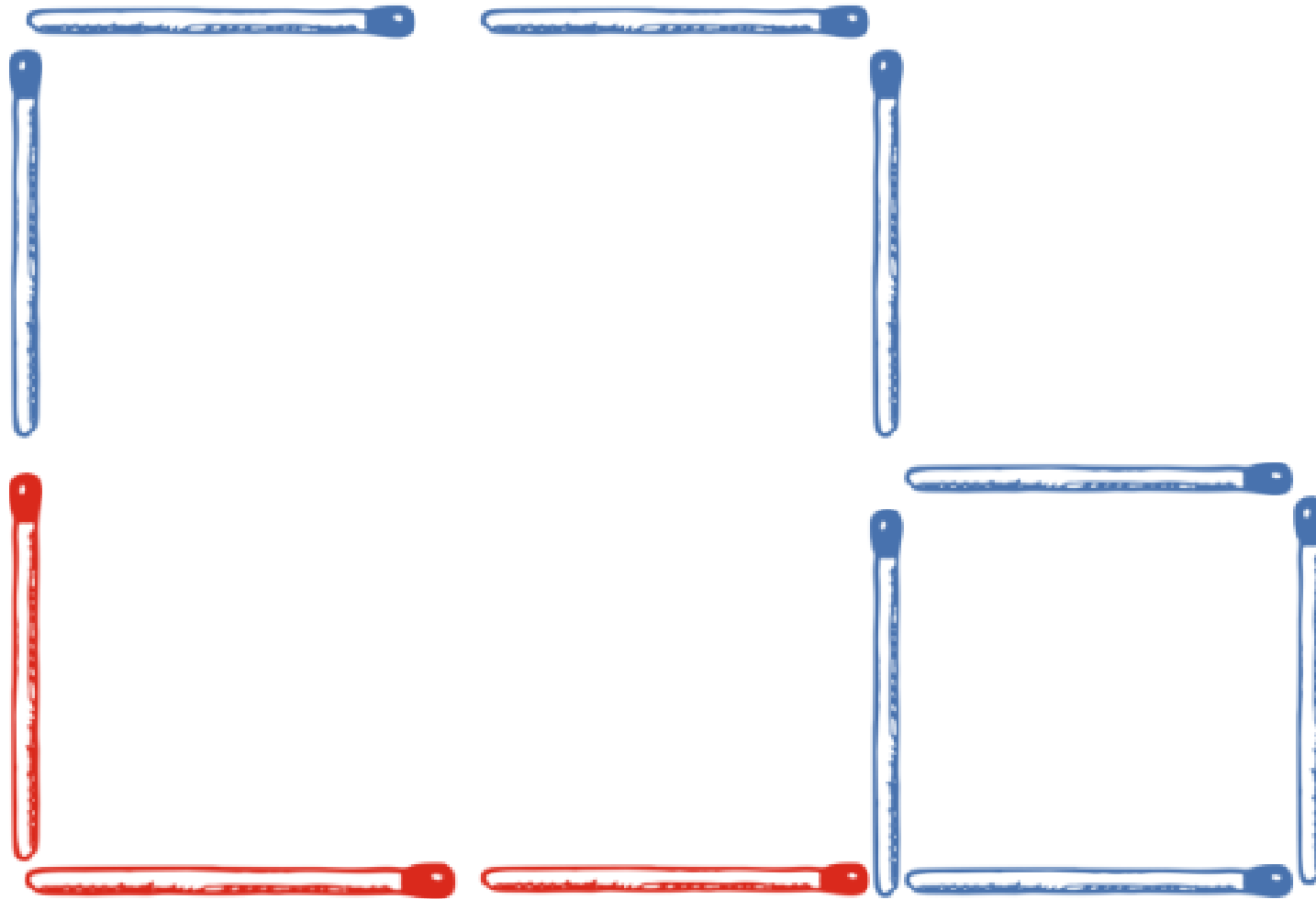


**BODY SCAN**

# Match Stick Maths Challenge









# Mindfulness Music

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# Reconnecting with our students

- Discussing the functionality of technology
- Digital decision making
- Develop a five-minute practice
- Promote use of knowledge and skills
- Musical transitions

**What does the research tell us?**



# Where to from here?

“With technology continually evolving, it’s good news that our brains are able to keep up.”



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