



The Reflector

A day in the life...

Think about how you use the Internet of Things every day. In the upper section, note down everything you do on a typical school day. In the bottom section write down every piece of tech you use. Do you use a laptop to do your homework? Are you messaging friends on your phone? Or watching TV? What about in the classroom? Note down everything digital you use. This exercise will help you reflect on how digital devices and data affect your life, every day.

What I'm doing

6.00 AM	7.00 AM	8.00 AM	9.00 AM	10.00 AM	11.00 AM	12.00 PM	1.00 PM	2.00 PM	3.00 PM	4.00 PM	5.00 PM	6.00 PM	7.00 PM	8.00 PM	9.00 PM	10.00 PM	11.00 PM

The tech I'm using