
ΗΜΕΡΑ ΨΗΦΙΑΚΗΣ ΑΠΟΤΟΞΙΝΩΣΗΣ

Στο πλαίσιο του project Digital Detox Day, του προγράμματος eTwinning, μαθητές του σχολείου μας σε συνεργασία με συνομηλίκους τους από σχολείο της Ρουμανίας, οργάνωσαν και πραγματοποίησαν την "Ημέρα Ψηφιακής Αποτοξίνωσης". Η δράση στόχευε στα εξής σημεία:

- * Καταγραφή των ψηφιακών συνηθειών των μαθητών/τριών και του χρόνου που αφιερώνουν στις 'έξυπνες' συσκευές.
- * Επίγνωση του αντίκτυπου του χρόνου που αφιερώνουν στις οθόνες των 'έξυπνων' συσκευών σε σχέση με την ευεξία τους.
- * Υιοθέτηση καλών συνηθειών που προωθούν την ευεξία και υγιή ανάπτυξη των μαθητών/τριών.

Οι μαθητές αφιέρωσαν τον χρόνο τους σε δημιουργικές δραστηριότητες, όπως τέχνη και παιχνίδια σε εξωτερικούς χώρους, αφήνοντας στην άκρη τις συσκευές τους για μία ημέρα. Στη συνέχεια, μοιράστηκαν τις εμπειρίες τους αναδεικνύοντας τα οφέλη της αποσύνδεσης και της ενίσχυσης των διαπροσωπικών σχέσεων.

Before



After





Anna Maria Ttafouna
Jan 28, 2025

Detox day!!!



Anna Maria Ttafouna

Before Detox day we were all the time behind the screen, we were addicted to our phones and we didn't stop talking about the social media. During the detox day my classmates and I realised what we missed by using our phones so much. BUT we had fun without them too. We laughed and talked a lot; it was really nice. I think from now on, I will try to use my phone less and spend more time with my friends and family!

♡ 1

Chrysoulla Vasou
Jan 28, 2025

Digital Detox Day



On the 23rd of January me and my classmates tried to experience our lives without our phones or electronic devices. Personally, I think it was very hard at first. I realized I'm very addicted to my phone as I was ready to check my phone for notifications at any given moment. As the day progressed I started to feel better and more free as I had the time to read one of my books (on my to be read list for a while) and relax at home. I played with my kitties and had lots of fun with them. I sometimes feel bad when I don't have time for them, as they also deserve love and affection. ❤️ It's good once in a while to take breaks like these from electronic devices so we can live in the moment, communicate with others and have a chance in doing things you usually don't do.

Chrysoulla Vasou

♡ 1

FOTINI KONSTANTINOU
Jan 28, 2025

During the 2 days of digital detox, I actually did a lot more things than I thought I would. I probably wouldn't have done those if I spent time on my devices. I noticed how interesting conversations actually were and how much fun we had. I also created crafts spending my time more creatively and I've realized how fast time passes when you actually do something interesting and creative.

Moreover, I helped my mom cook. We prepared tasty dishes which took us around 2 hours but felt like 15 minutes.

♡ 1

Chara Costa
Jan 27, 2025

Digital detox day

On the 23rd, it was the Digital Detox Day which meant we couldn't use our electronic devices. I must admit I didn't really like the idea of this because it was going to be a challenge! After school, I made my lunch and then I had some time to do my homework before going to my physics lesson. Later on, I got some other homework done and took nice nap for an hour! I woke up at 5:30 and got ready for practice that ended at 8:15. I have to say it was a pretty busy and tiring day, but also productive. I was glad that I had some time to sleep, because I felt very good and energized for practice after.

Chara Costa

♡ 2

efii
Jan 28, 2025



On the 23rd of January, me and my classmates were challenged on the digital detox day to not use our electronics for 2 days. It felt weird not using any electronics but within a few minutes a feeling of peace came right through. Time goes by and we had already had multiple conversations and laughs with each other

♡ 3

Delias
Jan 28, 2025



On January 23rd, me and my classmates got challenged to spend a day without our phones. At first it was difficult and awkward, but after a while we started talking to each other as a group and feeling comfortable. Without constant notifications, I experienced a sense of calm and focus I hadn't felt in a while. It was a reminder of how often technology consumes my attention and how valuable it is to unplug sometimes.

♡ 1

Despoina
Jan 26, 2025

Digital detox day!



The truth is that it was strange without using the phone because I wasn't used to it. But it was also nice because I had a conversation with my friends without needing the phone and I felt calmer but I missed the habit of holding it.

♡ 1

David Bertel
Jan 24, 2025

Digital Detox Day



Well, on the 23th of January, it was the Digital Detox Day. Happily, I survived this "hard" day! Firstly, after I went home from school, I read a few pages of the Bible. After that, I helped my mother with the groceries. The next thing I did was playing the piano. The next activity that I did was working on my Geography project about Egypt. Such a beautiful country. Same vibes as Cyprus. Finally, the last activity that I did was playing with my baby sister. I made a conclusion, even if it's hard to survive without electronic devices, it really worth it and I will do that again!

Bertel David, Romania

♡ 2

savvides
Jan 28, 2025

digital detox day



On the 23rd of January, my classmates and I experienced 2 days without our electronics. At first we felt weird because a part of our routine was deleted, but as soon as time went by, we would get more and more comfortable with each other. We finally started talking more freely, shared many personal stories and laughs. Things that we couldn't express if we were on our phone, were finally free. A day with no social media started as a day in pain but it turned out as a day in heaven.

♡ 3

Ioanna Philippou
Jan 27, 2025

Digital detox day

On the 23rd of January it was digital detox day which means that we weren't supposed to be on our electronic devices and I must admit that it was a hard challenge. I spend the day doing homework, going on a walk, went to my aunts house and spend some time with my cousins playing some board games like monopoly. I also had the change to relax so I took a 2 hour nap. As I said above, this was indeed a hard challenge for me but I luckily survived! While doing the challenge I felt way more relaxed than usual since I had the change to relax. I also felt productive because I got most of my homework done.

♡ 3