DiGii-Discuss

Feed your mind

"You are the books you read, the movies you watch, the music you listen to, the people you spend time with, the conversations you engage in. Choose wisely what you feed your mind"

Wrap your talking gear around this…

- Do you think this is true?
- Can you think of something that you saw, watched, or read which influenced you- positively or negatively?
- Are you careful about what you 'feed your mind'?
- What would you do if you saw something which upset you?
- How can we make sure that we feed our minds with things that will help us to be the person that we want to become?
- What things do you do online which feeds your mind in a positive or negative way?

Use these discussion starters as a jumping off position to explore the saying. Always try and come up with some actions that would help everyone in the discussion to learn and grow. Be curious, have fun and be prepared to change the way you think – and behave!

Trusted eSafetyProvider
esafety.gov.au

© DiGii Pty Ltd