

# Digi-NAUTS



Activity book

COUNCIL OF EUROPE



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# DIGI-NAUTS ACTIVITY BOOK

The Digi-Nauts Activity Book contains activities intended to reinforce the messages in the first three videos in the Digi-Nauts animation series:

**Access and Inclusion** – Being different brings colour to the world.  
**Health and Well-being** – There is a time and place for everything.  
**Consumer Awareness** – All together we can take better care of our planet.

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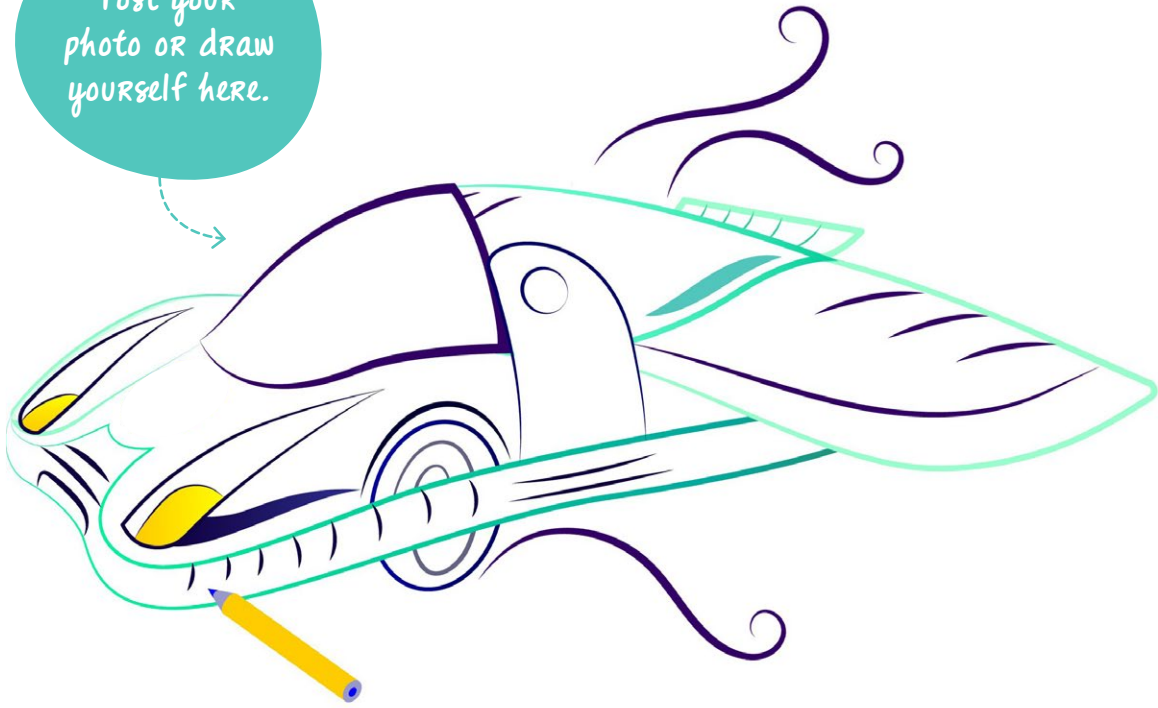
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# THIS BOOK BELONGS TO

.....

Post your  
photo OR draw  
yourself here.

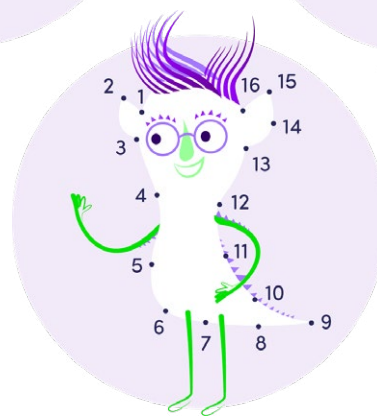
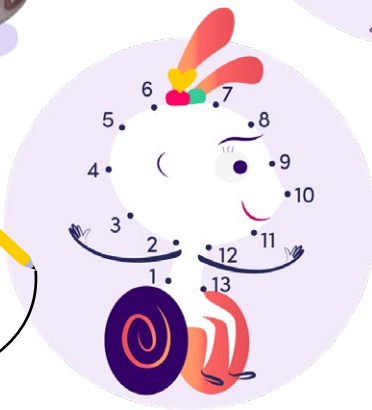
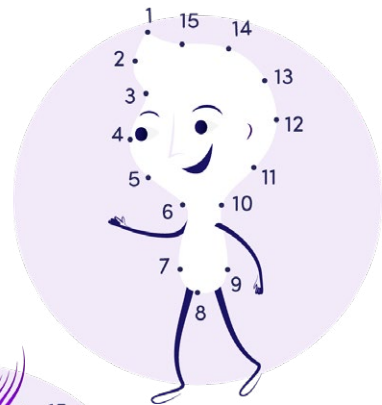


# ACCESS AND INCLUSION

Being different brings colour to the world.

## Meet the Digi-Nauts.

Follow the numbers and connect the dots. You can also colour the Digi-Nauts.



Now draw a line to connect each character with his or her name.

*We have done the first one for you.*

NOA

SIGMA

ELO

LILA

ROBI

Who do these objects belong to? Write the name of the owner below each object.

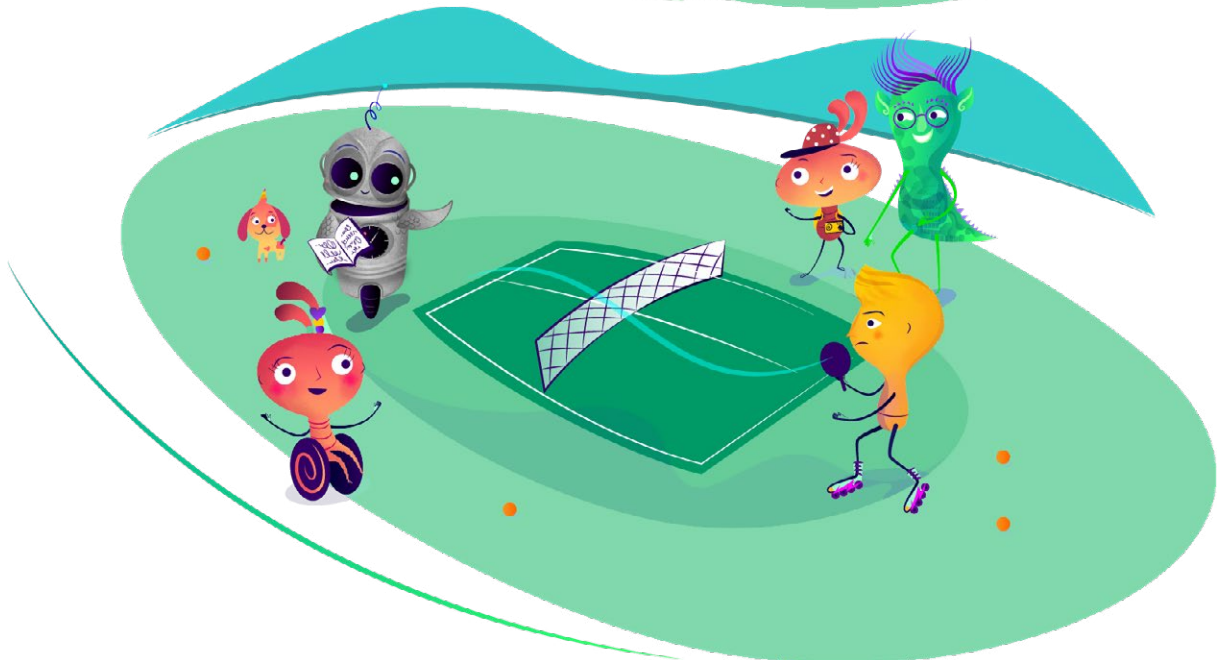
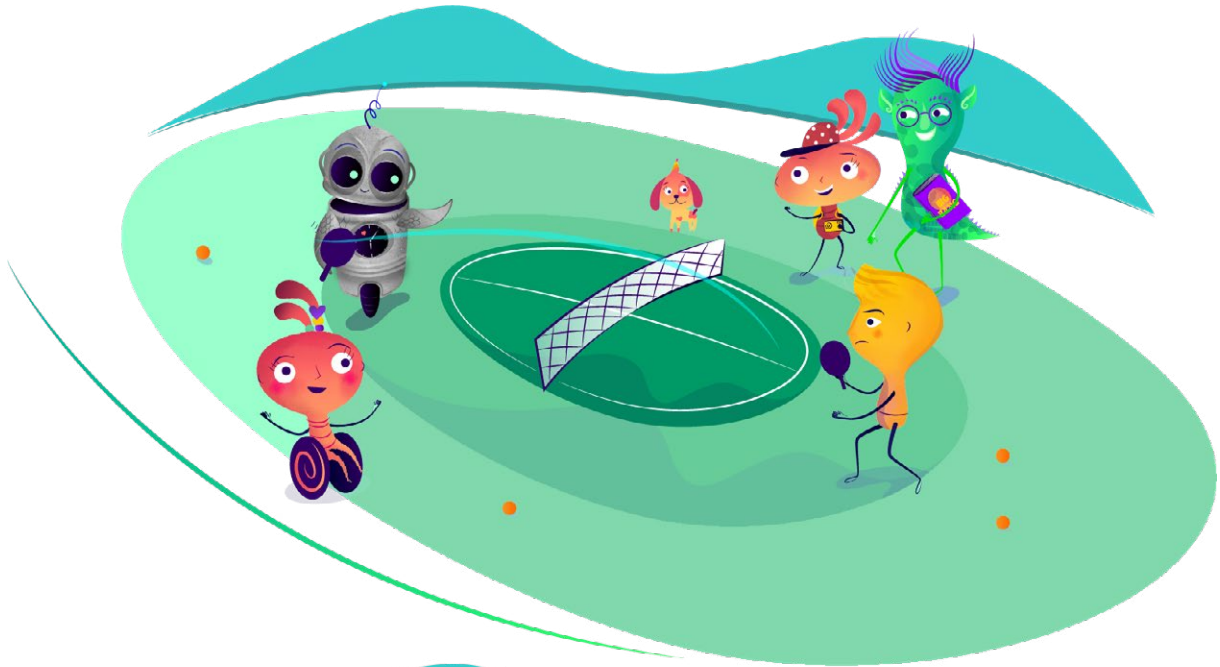


# Spot the 6 differences!

We all look and move differently. Can you spot the 6 differences?

Circle them in the pictures below.

Being different is ok, and it makes the world more fun.



In what ways are you different from your friends?



.....

.....



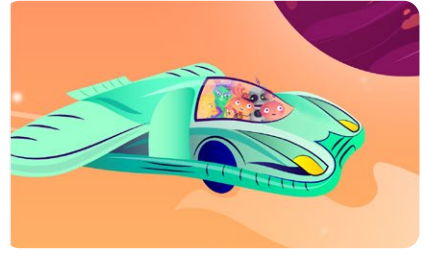
# Tell the story!



Today the Digi-Nauts are going for a ride.



Robi does a trick to create a magic carpet.



They are going to Sigma's hometown.

Now you make up a story to show how the Digi-Nauts act kindly and help each other.

Draw an emoji to show how you felt when you watched the video.

Here is my emoji.

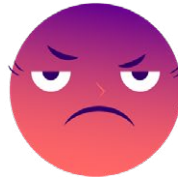


Your emoji.

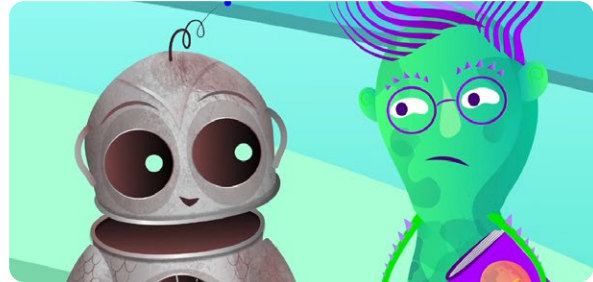


# How do the Digi-Nauts feel?

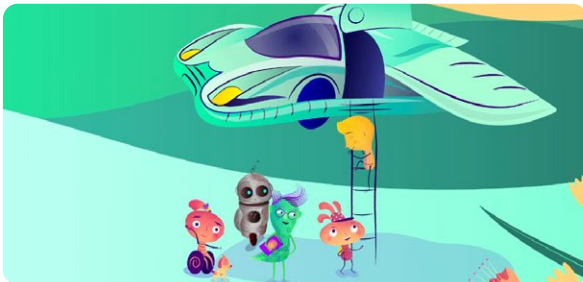
Draw a line to link an emoji with a matching scene.



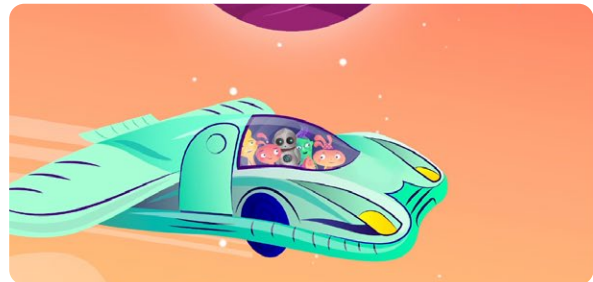
"What do you like to play Sigma?"



"No-one ever wants to play with me because I look different."



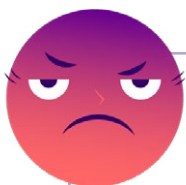
"How about going for a trip in my supercar?"



"Yayy!" They all take off together in the supercar.

## How do you feel?

We are all different. What may be funny for us, may hurt others. In the left box, draw a picture to show something that makes you angry. In the right box, draw a picture to show something that surprises you.



# HEALTH AND WELL-BEING

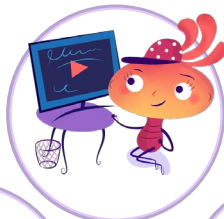
There is a time and place for everything.

## The Digi-Nauts are busy.

When do you do the following things?



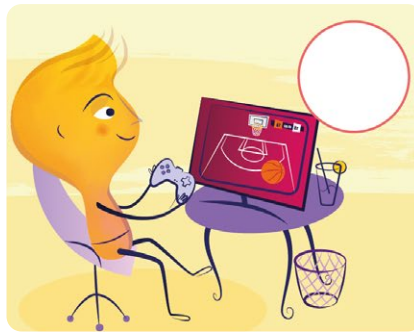
Write words in each box to tell what you do at the time you see on the clock.  
The images below will help you describe some of the activities you do.



# What fun things can we only do offline?

Draw a 🖊️ for the things we can only do offline. Draw a 📶 for the things we can only do online. Draw a ★ for the things we can do online and offline. We have done the first one for you.

There are many fun things that we can only do in the real world.



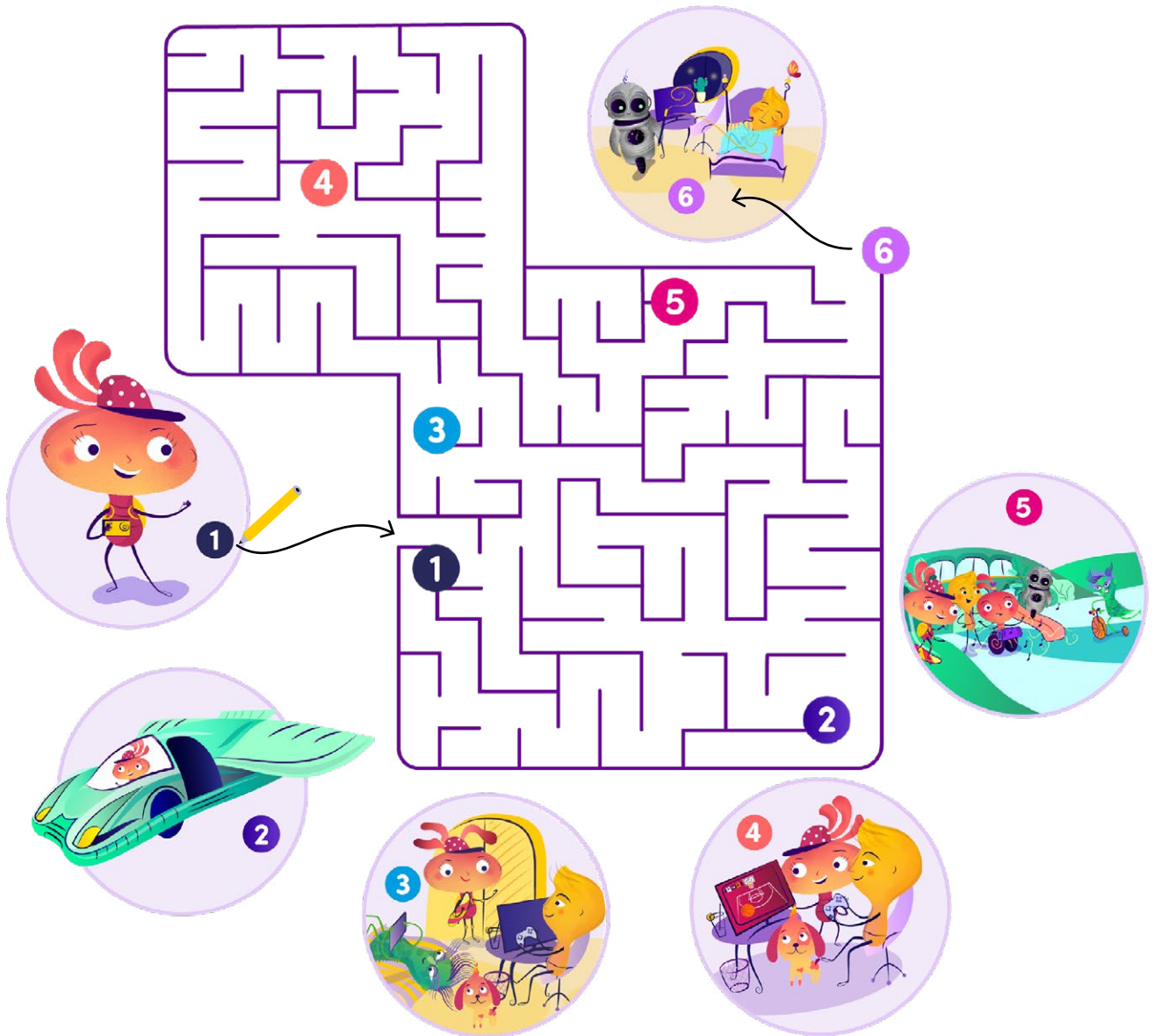
In the boxes below, draw two things that **you can't do if you are on your computer.**

Two large empty rectangular boxes with rounded corners and purple borders, each with a yellow pencil icon in the top corner, provided for drawing.



# Where is Lila going?

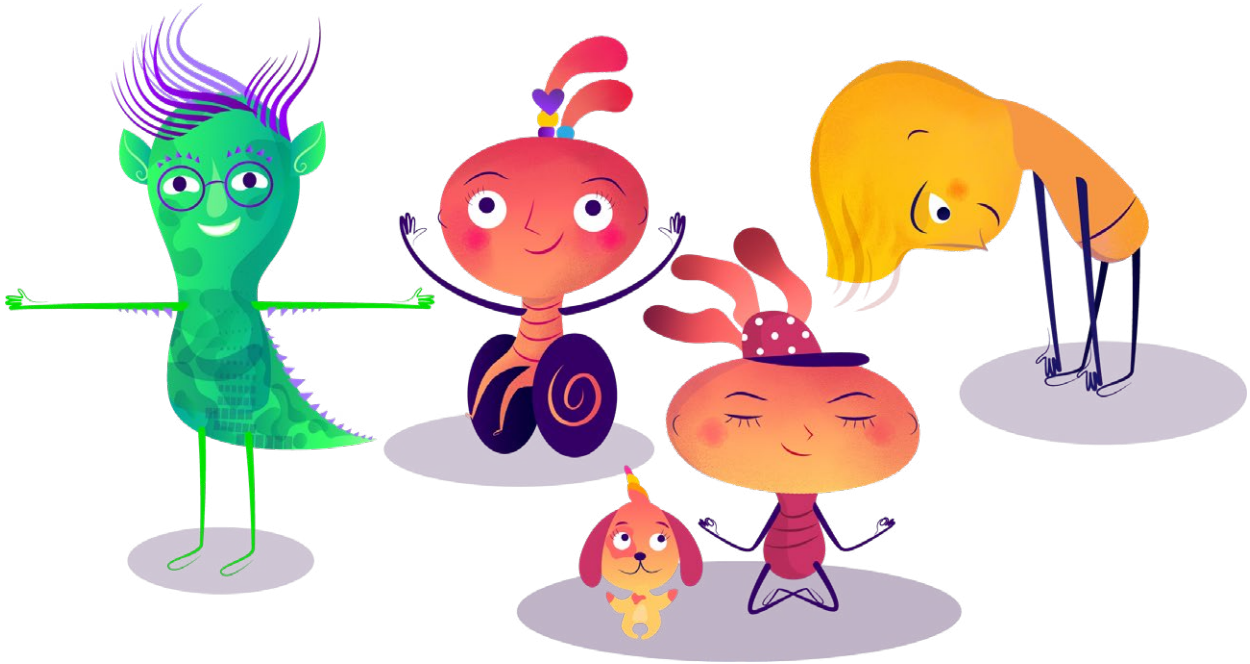
Start at number 1 and go through the maze to see what happens at the end of the day.



Balancing time! We can have fun online, offline, and everywhere.

## Taking a break.

Look at the Digi-Nauts doing yoga. Can you copy their movements?



Now make up two more yoga positions. Can you draw them?

Two empty rectangular boxes for drawing, each with a yellow pencil icon in the top corner. The boxes are intended for the student to draw their own yoga positions.

You should remember to do some yoga every 20 minutes when you are online.

# CONSUMER AWARENESS









All together we can take better care of our planet.

## Do we really need it, or do we just want it?

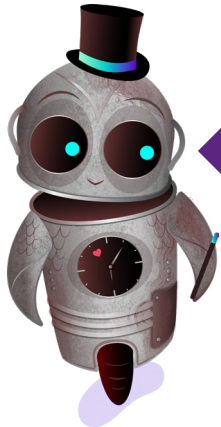
We all **need** food, water, a place to live, clean air to breathe and education.

We **want** many things like ice-cream, toys, tablets and phones, but we can probably live without them.

In the video, can you remember three things that the Digi-Nauts want and three things they need? Look at the pictures and draw the objects in the correct box. We have done the first one for you.

# Let's work together to take better care of our planet!



## Did you know ?

We all need oxygen and carbon dioxide to live... but too much carbon dioxide is bad for the air and creates pollution. This can make you and the planet sick.

Every time we do something, for example, go somewhere by car, we create carbon dioxide. This is called our 'carbon footprint'.

We can help to make the air cleaner if we are **SMART**.

## Be SMART

- S** = Save energy
- M** = Make good choices
- A** = Act responsibly
- R** = Re-use and recycle
- T** = Think about others

Tick  the pictures that show things that are good for the planet.

Cross  the things that are not good for the planet.



Going by bicycle or walking



Going everywhere by car



Turning off the lights



Wasting paper



Turning off the tap while I'm brushing my teeth



Taking long baths and showers



Watching lots of videos online



Buying lots of toys



Buying lots of toys



Recycling plastic, glass and cans



Draw 2 things you can do to save the planet.





# Save planet Earth: Word search puzzle.

Circle the words in the puzzle below and Save the Earth!

## Word bank

CLEAN AIR RE-USE WALK RECYCLE  
PAPER CARS TREES SAVE EARTH



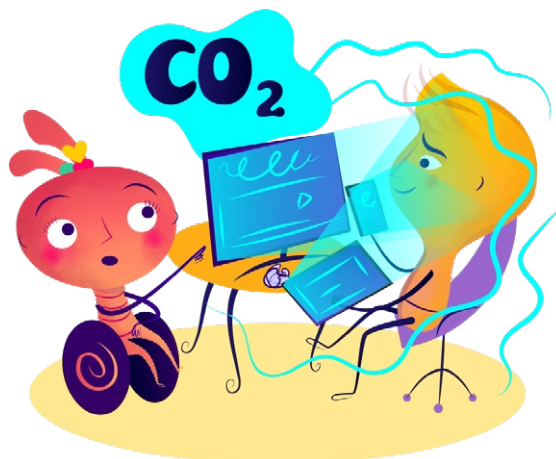
R	E	U	S	E	S	U	N
E	H	O	T	R	E	E	S
C	L	E	A	N	A	I	R
Y	P	C	I	T	R	O	P
C	W	A	L	K	T	T	O
L	F	R	W	T	H	U	L
E	D	S	S	A	V	E	I
M	W	A	P	A	P	E	R



Think about the planet when you go online.

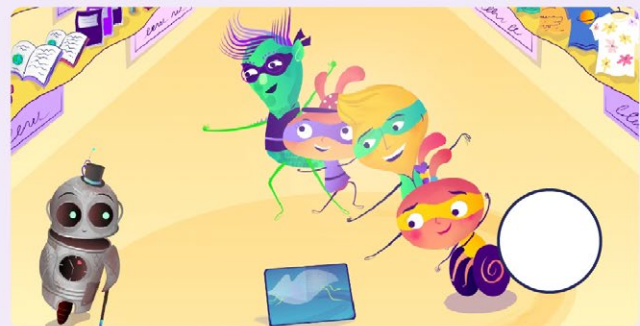
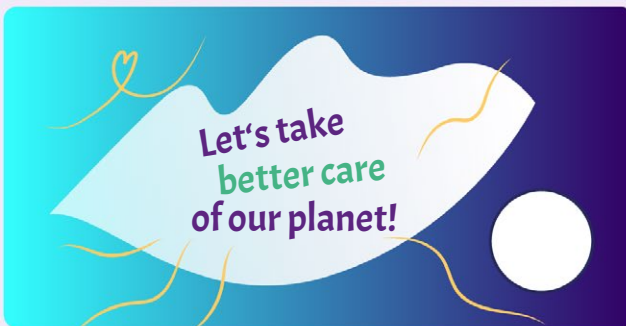
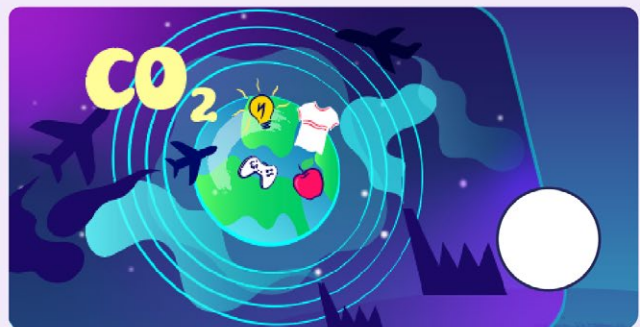
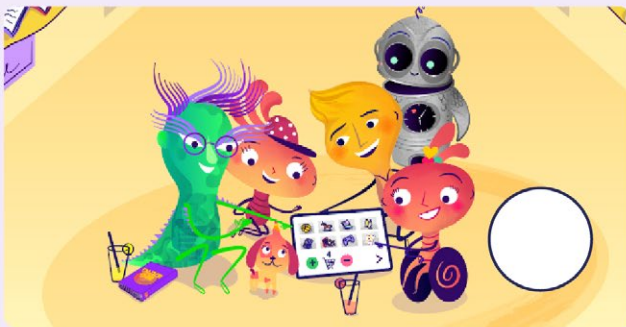
When we use our computer, tablet or mobile phone  
we are adding to our carbon footprint.

Tell a friend  
the story  
that you see  
in this picture.



# Put the pictures in order and tell the story.

Write a number from 1 to 6 in the white circle of each picture to put the story in the order you saw on the video.



Now put the sentences in order to tell the story, write a number from 1 to 6 next to each.

...the children were having fun shopping

...Sigma explains what the carbon footprint is

...buying lots of things is bad for the planet

...let's play a game called 'need or want'

...they put lots of things in the shopping cart

...we can take better care of our planet

## Guide for teachers and parents.

Activity	Page	DCE competences	eSkills/Objectives
<b>Meet the Digi-Nauts.</b> Join the dots. Match people and objects.	7	Inclusion and diversity Observation: looking at individual preferences	Numeracy Fine motor coordination Making logical or implied connections between facts
<b>Spot the 6 differences!</b> In what way are you different from your friends.	8	Reflecting on differences Appreciating diversity, challenging stereotypes	Visual discrimination Identifying patterns Analytical skills
<b>Tell the story!</b> Draw an emoji to show how you felt...	9	Expressing and understanding emotions of self and others Developing empathy Creativity	Sequencing events Putting ideas and feelings into images
<b>How do the Digi-Nauts feel?</b> How do you feel?	10	Reflecting on our reactions Critical thinking	Analysing situations from multi-perspectives Oral and written expression
<b>The Digi-Nauts are busy.</b> Write words to tell what you do, and when.	11	Health and well-being Concept of on- and offline Responsibilities and constraints	Telling the time Sequencing activities Summarising ideas
<b>What fun things can we only do offline?</b> Two things you can't do if you are online.	12	Self-knowledge, reflecting on one's own actions Balancing time: real vs virtual	Metacognition Conveying ideas through images
<b>Where is Lila going?</b> Start at number 1 and go through the maze.	13	Problem solving Developing patience and persistence	Hand-eye coordination Recalling events in sequence
<b>Taking a break.</b> Practice, make up and draw yoga positions.	14	Taking care of our physical and mental health Balancing time on- and offline Physical activity/creativity	Right-left hand coordination Copying body positions Spatial awareness
<b>Do we really need it, or do we just want it?</b> What things do the Digi-Nauts want or need?	15	Differentiating between wants, needs and rights Reflecting on choices to make responsible decisions	Reading comprehension Analytical skills Categorising objects
<b>Let's work together to take better care of our planet!</b> Show things that are good for the planet.	16	Consumer awareness: reflecting on the impact of our choices Finding solutions	Reading comprehension Categorising objects
<b>Save planet earth: Word search puzzle.</b> Think about the planet when we go online.	17	Thinking about concept of sustainability	Word/ pattern recognition Skimming/scanning skills From image to words - storytelling
<b>Put the pictures in order and tell the story.</b> Tell the story about our carbon footprint.	18	Cooperation Observation Critical thinking	Analysis of visual cues Numeracy Sequencing events





**Solution: Save planet Earth - Word search puzzle.**

R	E	U	S	E	S	U	N
E	H	O	T	R	E	E	S
C	L	E	A	N	A	I	R
Y	P	C	I	T	R	O	P
C	W	A	L	K	T	T	O
L	F	R	W	T	H	U	L
E	D	S	S	A	V	E	I
M	W	A	P	A	P	E	R

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