

# A Healthy Feed

In the same way we strive to consume healthy food, we should also strive to consume a healthy social media feed. Use these questions to help you clean up your social media diet!



## Materials

- Yourself
- Your Phone

## Instructions

Go through the accounts you follow, pages you like, and outlets you subscribe to and answer these questions:

**1** Does the content posted on this account bring me joy?

YES

NO

**2** Does the content posted on this account inspire me?

YES

NO

**3** Does the content posted on this account help me learn something new?

YES

NO

**4** Does this account help me stay connected to a person/people I care about and/or can learn from?

YES

NO

## The Goal

The goal is to fill your social feeds with content that serves you.