Video Title: Digital Wellness: Finding Balance in a Connected World

Target Audience: This microlearning video is intended for adults who use digital devices for their work, but is also appropriate for anyone that uses digital devices that are connected to the internet.

Learning Objective: In this video, viewers will learn how to manage their relationship with the digital world in order to achieve a more balanced, relaxed, and productive life.

Outline:
- Introduction
- Learning Objective
- Statistics
- Reflection Questions
- Tips to find Balance
  - Set Boundaries
  - Practice Mindfulness
  - Stay Mentally Active
  - Go Offline
  - Nurture Physical Health
- Conclusion

Characters: Real-World videos of people with various ethnicities, genders, age groups and sexual orientations.

Color Palette:

ccdbdc	9ad1d4	80ced7	007ea7	003249

Seat Time: 3 Minutes

Global Comments:
- Transitions and animations are suggestions and can be changed at the developer's discretion.
- This storyboard was designed for development using Techsmith Camtasia, but any suitable video creation software can be used.

1. [Scene 1 - Title: Digital Wellness: Staying Healthy in a Digital World

Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
Title in palette colors set on a neutral, black or white background. Title: Digital Wellness Staying Healthy in a Digital World	No VO or background music.	Cascade animation of title. Fade in transition to the next scene.	

2. [Scene 2 - Introduction]

Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
Time Lapse Scene of a city with many lights and cars, people walking and using devices.	[Music] Upbeat, fast-paced electronic background music. Music continues until it fades in scene 5. In today's fast-paced, digital world, staying connected has never been easier.	Fade in Transition VO starts just a second after fade in.	

3. [Scene 3 - Introduction]

Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
Video of various digital devices referenced in VO.	Computers, smart phones, tablets and artificial intelligence are a part of our daily lives.	Spin transition.	

4. [Scene 4 - Introduction]			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
Family together all looking at different digital devices.	It's easy to get caught up in the digital whirlwind, but it's important to take a step back and assess your digital habits.	Slide left transition.	

5. [Scene 5 - Learning Objective]			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
Graphic transition with on-screen text: In this video, you will learn how to manage your relationship with the digital world.	In this video, you will learn how to manage your relationship with the digital world in order to achieve a more balanced, relaxed and productive life.	Fade In Transition followed by cascade entrance transition. Cascade exit transition.	

6. [Scene 6 - Statistics]			
Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
3 charts in palette colors representing data Background is in a faded palette color or dynamic gradient of two or three palette colors.	First, let's consider some statistics. [Chart 1] According to data from DataReportal, people in Brazil spend approximately 9 hours a day engaging	Arrows left transition for this scene and between each of the charts. This scene can be broken into three separate scenes so that the graphs take up the entire screen, or they can all	

Chart 1: bar graph. Chart 2: Twelve clocks representing a full day and seven of them are in a darker palette color while the other five are a lighter palette color. Chart 3: Pie chart.	with digital devices. This is 2 hours more than people in the United States and 4 hours more than in the United Kingdom. In Japan, people are engaged with digital devices only 4 hours a day. [Chart 2] Worldwide, people spend seven hours of their day engaged with digital devices. This is over half of the time they spend awake each day. [Chart 3] The world over, people spend most of their time engaging with social media when they are on their digital devices.	appear together on the same screen.	

7. [Scene 7 - Reflection Questions]

Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
Person thinking in front of a solid palette color background. Background of questions is in a faded palette color or gradient of two or three	To begin, let's take a moment to reflect on these questions: How much time do you spend engaged with digital devices every day?	Arrows left transition for this scene and between person thinking and the questions. Questions have a wipe right animation and appear timed with VO.	

| palette colors like the background of the charts.. [On Screen Text] How much time do you spend engaged with devices? Why do you engage with the digital world? How do you think your relationship with the digital world affects your health and relationships? | Is it for work, pleasure or both? Why do you engage with the digital world? Is it for work, social reasons, entertainment, or do you perhaps do it sometimes when you're just bored? How do you think your interactions with the digital world affect your health and relationships? Perhaps sometimes you worry that you might be spending too much time engaged with digital devices. Background music fades as the questions fade from the screen. | Questions fade out after VO completes the third question. | |

8. [Scene 8 - Tips to Find Balance]

Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
A digital animation of the globe that represents a "digital world". Globe should be in palette colors and can be spinning.	New music track fades in and is upbeat, relaxing and hopeful. This music persists until the end of the video.	Concentric circles transition.	

	Let's explore some tips to help you find balance in a world filled with screens.		

9. [Scene 9 - Set Boundaries]

Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
A laptop or computer with a calendar and a clock representing scheduling. On Screen Text: Set Boundaries	First, start by setting boundaries. Schedule specific times for checking emails and social media to avoid constant distractions.	Fade transition for video. Right arrow transition for on screen text.	

10. [Scene 10 - Practice Mindfulness]

Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
A person practicing yoga with a smartphone in the background, showing a mindfulness app. On Screen Text: Practice Mindfulness	It's important to incorporate mindfulness into your daily routine. Try meditation or yoga to help reduce stress and improve your focus.	Fade transition for video. Right arrow transition for on screen text.	

11. [Scene 11 - Stay Mentally Active]

Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
A person reading or engaged in another activity as mentioned in VO. No digital devices should be visible in the scene.	Make time to stay mentally active by engaging in activities that stimulate your mind, such as reading, puzzles, or learning something new.	Fade transition for video. Right arrow transition for on screen text.	

On Screen Text: Stay Mentally Active			

12. [Scene 12 - Go Offline]

Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
A family enjoying an activity without any digital devices. On Screen Text: Make Time to go Offline	Remember the value of engaging with offline activities. Spend quality time with loved ones, go for a walk, or enjoy a hobby that doesn't involve screens.	Fade transition for video. Right arrow transition for on screen text.	

13. [Scene 13 - Nurture Mental Health]

Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
A person doing yoga, exercising, cooking a healthy meal or sleeping restfully. Stay Physically Active	Finally, don't forget about your physical health. Stay active, eat well, and get enough sleep to ensure you have the energy to tackle each day.	Fade transition for video. Right arrow transition for on screen text.	

14. [Scene 14 - Conclusion]

Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
A couple taking a hike or walking on the beach. The couple looks happy and content and there are no digital devices in the scene.	Remember, digital wellness is about finding a balance that works for you. By incorporating these tips into your life, you can enjoy	Fade transition for video. Tips appear when VO says "These tips"	

On Screen Text: Set Boundaries Practice Mindfulness Stay Mentally Active Go Offline Nurture Your Physical Health	the benefits of technology without letting it take over. So, take a moment to unplug, breathe, and reconnect with what truly matters. Your digital wellness is in your hands.	Scene fades to black when VO ends.	