



# Social Media Do's and Don'ts



Mind Trotters  
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Who doesn't have multiple social media accounts these days? Despite how hard you try, you can't seem to resist scrolling down the pages. Instead of banning social media completely, let's practise these do's and don'ts to keep ourselves in check.

Place the following phrases in the do's and dont's columns.



● Find communities you connect with

● Overwhelm yourself with content

● Get caught up with likes and followers

● Limit time spent on social media sites

● Set a purpose for each app and site

● Follow accounts that serve purposes

● Scroll mindlessly for lengthy periods

● Compare yourself to what you see