



Activity Sheet

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Connected Beginnings

Activity Title:

Connected Beginnings

Activity theme:

Getting to know each other

Learning Outcomes:

- Build group rapport and psychological safety so participants feel comfortable sharing.
- Practise quick, low-pressure self-disclosure linked to online identity (emoji exercise).
- Develop teamwork and co-creation skills through a shared, creative task related to digital well-being.
- Reflect on personal strengths and group dynamics and identify one small action to support peers online.

Duration: 120min (2h)

- Quick introductions: 25 minutes
- Detox Mission (main team-building): 60 minutes
- Guided reflection: 20 minutes
- Real-Life Application / close: 15 minutes

Materials:

- Room, tables and chairs.
- Computer/laptop, projector and speaker.
- Box for phones.
- Flipcharts/kraft paper, sheet papers/sticky notes, pens, markers.
- Necessary items (challenges 2 and 4).

Activity description:

Step 1: Introduction (25 minutes)

a) Name + emoji gesture (10 minutes): Standing in a circle, each person says their name and selects an emoji that matches how they feel “today”, adding a small gesture to match it (e.g. “Sam — 😊” and a small wave to the chest). The group repeats the name and gesture once.

b) Rapid-fire questions (10 minutes): Facilitator asks 5–6 short questions. Everyone answers briefly (one word or short phrase) participants are moving around and discussing them with a partner (different each time). Examples: “Which emoji do you use most?”, “About how many apps are on your phone?”, “Which app do you use most?”, “One word for your digital life”, “What would you do if you had one hour without your phone right now?”.

c) Explanation (5min): Importance of Digital Well-being.

Step 2: Main Activity - Detox Mission (60 mins)

- The whole group will complete six cooperative challenges that encourage disconnection, creativity and fun. All tasks are completed together; roles (timekeeper, note-taker, task-coordinator) can rotate. Show the presentation of the mission overview.
- All challenges will be documented with a picture, which is the only time they may use a mobile phone.
- All activities are done as one group. Below is the suggested order and timings; adapt to room, group size and accessibility.

Challenge 1: “Creative Switch-Off” (10 minutes)

- Aim: experience short, device-free time and brainstorm offline ideas.
- Activity: participants place mobile phones in a box and create a collective list of 10* ideas for spending an hour without social media, writing them on kraft paper. Then they select the group’s favourite idea and try it for a while.
- Materials: box for phones, kraft paper, markers.

Challenge 2: “Sensory Scavenger” (10 minutes)

- Aim: reconnect with immediate senses and notice how offline experiences feel.
- Activity: facilitator places 5–6 sensory items (e.g. scented pouch, small object, sound trigger, something soft). In brief rotations, small pairs (or triads) have one minute each to observe an item, then report back to the whole group how it looks and feels, the others will have to guess. The facilitator guides the pace of rotations, ensuring excitement does not become overwhelming and that everyone has time and space to participate comfortably.
- Materials: 6 different objects (different sizes, textures, smells...).
- Alternative adaptation: Participants who are sensitive to smells, textures, or unexpected sounds can observe neutral visual objects or photos and describe colours, shapes, or memories they evoke, without handling or smelling items.

Challenge 3: “Chain Story” (5 minutes)

- Aim: practise attentive listening and co-creation.
- Activity: seated in a circle, facilitator starts a sentence: “It was a day I decided to not use my phone when...”. Each participant adds a short sentence in turn, shaping a collaborative story that ends positively and relates to digital well-being. Capture the final story on paper to keep as a resource.
- Materials: papers and pens.
- Alternative adaptation: Participants who find speaking in groups difficult can write or draw their sentence and ask a peer or facilitator to read it aloud for them.

Challenge 4: “Mini Circuit” (15 minutes)

- Aim: get moving, laugh together and solve simple, quick tasks.
- Activity: facilitator sets up 4* short stations (e.g. mini-puzzle, body-sculpture that represents ‘boundaries’, cups towel, slogan creation for an offline campaign,...). The whole group visits each station in sequence; everyone participates in each station (spending approx. 3 minutes per station). The facilitator monitors the stations, channelling high energy into cooperation, ensuring safety, and helping the group move smoothly from one activity to the next.
- Materials: Necessary items for stations.
- Alternative adaptation: Participants who cannot or prefer not to move through stations can remain seated at one table while stations rotate to them or complete table-based reflective puzzles or drawing tasks connected to boundaries and digital balance.

Challenge 5: “Live Habit Map” (10 minutes)

- Aim: visualise daily digital routines collectively and spot easy change points.
- Activity: on kraft paper draw a simple day timeline (morning / afternoon / evening). Each person adds a sticky note showing their typical phone usage in that slot and a single word describing how it makes them feel. As a group, identify three realistic moments where switching behaviour would be easiest (e.g. during meals).
- Materials: sticky notes, markers, kraft paper.
- Alternative adaptation: Participants can also use an individual blank sheet to map their day privately and share only what they feel comfortable with.

Challenge 6: “Movement Boost” (10 minutes)

- Aim: celebrate completing the mission and release energy.
- Activity: Participants will create a song about digital disconnection and wellbeing and a collective cheer. Afterwards, they will present it. The facilitator leads the activity with enthusiasm while setting clear boundaries, ensuring that excitement remains positive, inclusive, and safe for everyone.
- Materials: speaker.
- Alternative adaptation: Participants sensitive to noise, movement, speaking etc. can create a short slogan, poem, or quiet gesture for digital wellbeing instead of singing or loud cheering.

My reflection:

Individual journaling (10 minutes): participants write a short reflection about how this first session made them feel answering:

- Today, what I enjoyed most was...
- One thing I learned about disconnecting is...
- I felt (choose one or more words)...
- One situation where I want to try an offline alternative is...
- One action I will try this week to help me disconnect is...
- What I need from my friends to feel supported is...

Whole-group round (10 minutes): quick go-around where each person offers one word or short sentence about how they feel after the mission.

Group debrief notes:

1. *Which of the Detox Mission challenges did you find easiest or most enjoyable? Why?*
2. *Was there any activity that felt strange or difficult without your phone? What does that tell you about your habits?*
3. *How did working as one team help you complete the challenges?*
4. *What did you learn about yourself (or the group) when trying to disconnect and be creative offline?*
5. *How might these activities inspire you to support friends or peers in disconnecting or creating healthier digital habits?*



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