



Activity Sheet



Minutes matters

Activity Title:

Exploring My Digital Self

Activity theme:

Exploring balance in digital habits and giving constructive peer feedback

Learning Outcomes:

- Reflect on how time spent online vs. offline affects daily routines and well-being.
- Recognise different types of digital roles/identities (e.g. gamer, influencer, activist).
- Practise observation and constructive feedback skills with peers.
- Develop awareness of healthy improvements for different styles of digital use.

Duration: 120min (2h)

- Energiser (Timeline Walk): 15 minutes
- Role Play with Feedback: 50 minutes
- Group Reflection & Sharing: 15 minutes
- Real-Life Application: 10 minutes

Materials:

- Room, tables and chairs
- Papers A3, pens
- Colour markers, sticky notes

Activity description:

Step 1: Introduction (15 minutes)

- Explanation (5min): In this session we will play with the idea that every day gives us 24 hours, exploring how much time we spend online versus offline, and reflecting on the choices, habits and roles that shape our digital well-being.

Energiser – Timeline Walk (10min)

- Facilitator explains: “You each have 1,440 points = minutes in your day. Let’s see how our daily choices ‘spend’ this time.” The facilitator also ensures that the ‘points lost’ game is playful and non-judgmental, using humour and encouragement, and reminds participants that the aim is reflection and awareness, not competition or criticism.
- Participants stand in a line. The facilitator reads out scenarios, e.g.:
 - “Lose 20 points if the first thing you do when you wake up is check your phone.”
 - “Lose 15 points if you scroll during meals.”
 - “Lose 30 points if you spend more than 2 hours on TikTok/Instagram.”
 - “Lose 40 points if you stay up late watching Netflix instead of sleeping.”
- After each statement, participants step back if they “lose” points.
- At the end, the one with the lowest points does a fun 1 minute challenge decided by the rest of the group (Keeps it playful, not punitive.)

Step 2: Main Activity - Time Mapping Challenge (50 minutes)

1. Individual drawing (20 min):
 - Each participant draws a horizontal line (24h).
 - They divide it into blocks of how they usually spend their day (sleep, meals, school/work, social media, gaming, hobbies, time with friends/family, sport, etc.).

- Colour code: online time (one colour), offline time (another).

2. Pair work (20 min):

- Participants pair up and swap their timelines.
- Each gives suggestions to their partner:
 - Where could screen time be reduced?
 - Where could offline activities be added?
 - What might help with rest or self-care?
- Together, they sketch an “improved routine” with more balance.

3. Gallery sharing (10 min):

- Everyone posts their timelines (before & after) on the wall.

My reflection:

Sticky note action (15min):

- Each participant writes down one specific habit they want to try this week (e.g. “No phone at breakfast”, “Read 10 minutes before bed”, “Walk without headphones once a day”).
- Place all notes on a “Digital Balance Wall” as collective commitments.
- Closing round: each person shares one word for how they feel about their new routine.

Group debrief notes:

1. What patterns did you notice in your daily routine between online and offline activities?
2. Which moments felt unbalanced or stressful, and which felt positive or energising?
3. What suggestions from your partner helped you think differently about your screen time or offline activities?
4. How could small changes in your daily routine improve your focus, rest, or overall wellbeing?
5. How might reflecting on your own digital habits help you support friends or peers who feel pressure from social media?

Wake up	Breakfast	School	Lunch	Study	Free Time	Dinner	Sleep
7am	7:30am	8am-2pm	2:30pm	3pm-6pm	6pm-8pm	9pm	10pm
Using phone for 10min	Watching short videos	Using phone between classes	Watching TV	Using phone during breaks	Videogames	Watching YouTube	Using phone for 20min



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