



Activity Sheet

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Facilitation Lab

Activity Title:

Facilitation Lab

Activity theme:

Reviewing existing resources and designing interactive and engaging micro-sessions for peers on the topic of digital habits.

Learning Outcomes:

- Give and receive constructive feedback to improve facilitation skills.
- Review and adapt existing resources.
- Explore group dynamics and how to create safe learning spaces.

Duration: 90min

Introduction: 10 minutes

Facilitation Lab (small group activity): 60 minutes

Debrief & Group Reflection: 10 minutes

Real-Life Application / Individual Reflection: 10 minutes

Materials:

- Computer/projector speaker for presenting the micro-sessions
- Flipcharts/Whiteboards and markers for each group if needed
- Journals/notepad for individual reflection

Activity description:

Step 1: Introduction (10 mins)

The facilitator explains that the goal of this session is to practice facilitation skills. Participants will have an opportunity to choose a relevant topic and resources to deliver 5-minute micro-sessions to their peers. Use the PowerPoint presentation to guide this session.

- As a warm-up facilitator asks the group for memorable experiences where they have received really good training or advice and reviews the aspects that made it memorable.
- Ask participants what the key is to engaging peer facilitation? (The answers might include: safe environment, where they feel heard; open and inclusive communication; a dynamic structure that includes storytelling, interactive activities, mutual support, empathy, relevant topics and so on.)

Step 2: Main Activity (60 mins)

The facilitator divides participants into small groups of 3-4 and encourages a mix of backgrounds to enrich discussion.

- Each group selects one or more elements from the existing Serenity Digital Well-being Toolbox of Interactive Infographics & Online Modules resources, such as a tip sheet, activity, video, escape room and design a 5-minute micro-session. Each micro-session should include:
 - a short introduction to the topic,
 - one key message about digital habits,
 - one interactive moment (for example a question, activity or discussion),
 - and a short closing.
- Guide the participants to keep in mind that their micro-session should aim to:
 - demonstrate or teach a concept related to digital habits using the Serenity Toolbox,
 - Be engaging and relevant to their audience,
 - create a safe, respectful space,
 - and keep to time and move at a good pace.
- Ask groups to think about who their audience is (for example, younger students, close friends, a school group, or a wider youth audience) and how they might adapt their micro-session to suit that audience.

- Groups take turns delivering their micro-sessions to the rest of the participants. The facilitator should keep time and give a 1-minute warning before each micro-session ends.
- After each micro-session, peers provide brief feedback:
 - What worked well?
 - What could be improved?
 - How effectively was the Toolbox content used?
 - When giving feedback, encourage participants to think about clarity, engagement, inclusivity, and how well the session supported healthy digital habits.

The facilitator should encourage creativity - groups can use role play, visuals, or storytelling as well as inclusivity to make sure everyone is engaged, and the feedback is constructive and in a friendly manner.

Step 3: Debrief and Reflection (10 mins)

Group discussion on what worked well and what to improve regarding reviewing and using the existing resources in the Serenity Toolbox.

Questions in the group debrief box can be discussed either in the group or reflected upon individually. The facilitator guides the participants to share any other beneficial resources they have come across related to helping young people manage their digital habits.

Step 4: Real-Life Application (10 mins)

The facilitator encourages participants to reflect on how these resources might support their friends and peers, and to consider effective ways to share and promote any valuable tools or information they discover.

My reflection:

- Which concept/tip or idea from the micro-sessions could I apply in my daily routine?
- Who in my life could benefit from what I've learned during today's session, and how might I share it with them?
- How could I become a better peer educator in light of designing and delivering today's micro-session to my peers?

Group debrief notes: questions and prompts:

1. *What new aspects did you gain about designing the micro-sessions?*
2. *Which micro-session format felt most engaging or effective, and why?*
3. *How did your group collaborate during the design process, and what were the strengths and challenges?*
4. *In what ways did the Serenity Toolbox resources improve your micro-session, and how could they be used differently next time?*
5. *What would you do differently if you were to design another micro-session on digital well-being?*



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