



Activity Sheet

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Facilitation Jam

Activity Title:

Facilitation Jam

Activity theme:

Co-leading short interactive sessions using the Serenity Toolbox to practice facilitation, creativity, and peer feedback.

Learning Outcomes:

- Co-design and deliver short interactive peer education sessions on digital well-being.
- Use inclusive facilitation techniques that engage diverse audiences.
- Give and receive constructive feedback in a respectful, empowering way.
- Reflect on their own facilitation strengths and areas for improvement.

Duration: 90min

- Introduction: 10 minutes
- Facilitation Jam (group activity): 60 minutes
- Debrief and Reflection: 20 minutes

Materials:

- Flip-charts / whiteboards
- Markers, pens
- Sticky notes
- Timer
- Journals for reflection
- Digital tools
- Computer / projector (optional for slides or visual support)

Activity description:

Step 1 – Introduction (10 minutes):

Facilitator introduces the Facilitation Jam as an opportunity for participants to put their peer educator skills into action. Explain that each group will lead a 5–7 minute micro-session using materials from the Serenity content (e.g., tip sheets, infographics, or short activities).

Encourage participants to focus on clarity, engagement, inclusion, and time management.

Ask:

“What makes a session engaging?”

“How can we create safe and interactive learning spaces?”

Step 2 – Main Activity: Facilitation Jam (60 minutes):

Divide participants into small groups of 3–4 people. Each group:

1. Chooses a digital well-being theme (e.g., screen balance, cyberbullying, empathy online, or managing information overload).
2. Selects one or two tools from the Serenity Toolbox to base their session on.
3. Designs a short interactive session for their peers.
4. Leads their 5–7 minute activity with the rest of the group.

After each presentation, peers share feedback using the following structure:

- What worked well?
- What could be improved?
- How did the facilitator make the group feel included and engaged?

Facilitator keeps time and ensures feedback is constructive, supportive, and specific.

Step 3 – Debrief and Reflection (20 minutes):

Gather everyone together for an open discussion.

Ask:

- What did you notice about different facilitation styles?
- Which activities felt the most engaging and why?
- How did it feel to give and receive peer feedback?
- What skills will you take forward into your next facilitation experience?

Encourage participants to note key insights or quotes on sticky notes or in their journals.

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My reflection:

- Two facilitation strengths they demonstrated today.
- One communication or leadership skill they want to improve.
- One practical idea they will use next time they facilitate a peer session.

Group debrief notes:

Questions and Prompts

1. *What did you learn about planning and leading an interactive session?*
2. *How did your group cooperate and divide roles during facilitation?*
3. *What challenges came up and how did you solve them?*
4. *How can you make your next facilitation session more inclusive and dynamic?*
5. *What feedback helped you the most today?*



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