



# Activity Sheet



Commitment Wall / Tree of Action

## Activity Title:

Commitment Wall / Tree of Action

## Activity theme:

Transforming learning and personal insights into concrete actions that promote digital well-being and peer education beyond the training.

## Learning Outcomes:

- Identify specific actions they will take to promote digital well-being in their community.
- Commit to realistic and meaningful next steps as peer educators.
- Recognise the collective impact of their group as young changemakers.
- Reflect on their personal growth and motivation after the training.

## Duration: 90min

- Introduction: 10 minutes
- Action Planning & Creation: 40 minutes
- Commitment Wall / Tree Building: 25 minutes
- Reflection & Closing Circle: 15 minutes

## Materials:

- Flip-charts / whiteboards
- Markers, pens
- Sticky notes or cut-out paper shapes (leaves, stars, bricks, hearts, etc.)
- Tape / Blu-tack
- Large poster paper or wall space
- Timer
- Journals for reflection

## Activity description:

### Step 1 – Introduction (10 minutes):

Facilitator introduces the final session, explaining that it's time to turn ideas into action.

Remind participants that every small act, whether online or offline, contributes to a culture of digital well-being.

Ask:

- “What change do you want to see after this training?”
- “What’s one thing you can personally commit to doing in the next month?”

### Step 2 – Main Activity: Action Planning (40 minutes):

1. In pairs or small groups, participants brainstorm actions they can take as peer educators.

Examples:

- Organising a digital-well-being awareness day at school.
- Starting a “No Screen Sunday” challenge.
- Creating a social media post series on kindness online.
- Supporting a friend’s digital balance goals.

2. Each participant then selects one realistic personal commitment and writes it on a cut-out shape (leaf, star, brick, etc.).

3. Encourage creativity, participants can draw symbols or short phrases to represent their goal.

### Step 3 – Building the Commitment Wall / Tree of Action (25 minutes):

- Facilitator creates a large visual display on a wall or poster (tree branches, brick wall, or constellation).
- Each participant adds their commitment shape to the display, explaining it briefly if they wish.

- As commitments are shared, highlight themes of leadership, empathy, and community action.
- Optionally take a photo of the final display for project dissemination (with consent).

#### **Step 4 – Reflection & Closing Circle (15 minutes):**

Bring the group together for a closing reflection:

- How do you feel after completing this training?
- What has changed for you since Day 1?
- How will you continue to support others as a peer educator?
- What does “leading with impact” mean to you now?

Facilitator invites each participant to share a final word, symbol, or gesture that represents how they're feeling. End with a group applause, thank-you, or symbolic circle of connection.

#### **My reflection:**

- Two strengths they demonstrated during this final activity.
- One leadership or motivation skill they want to continue developing.
- One concrete action they will take in the next month to promote digital well-being.

#### **Group debrief notes:**

##### **Questions and Prompts**

1. *What kinds of actions did participants commit to, and why?*
2. *How do these commitments reflect the values of peer education?*
3. *What support will participants need to sustain their motivation?*
4. *How can we celebrate and share these small wins in our communities?*
5. *What message would you give to future peer educators starting their journey?*



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**Co-funded by  
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