ACTIVITY TITLE:Digital Wellbeing; how do we care for our emotional health in the tech age?

Activity code: ncEHU03

⧗	DURATION	90 minutes
👤	AGE RANGE	16-18 y/o
⚛	TOPICS	3D CREATIVITY DESIGNING

💬 Description of the project

Hey there!

This activity is all about *you*—your emotions, your habits, and your relationship with technology. We live in a world where screens are everywhere—our phones, apps, messages, likes, and playlists are part of everyday life. But how often do we stop and think: How does all of this make me feel? Is it helping me rest, focus, and connect or the opposite?

In this activity, we're going to flip the script. Instead of just *using* tech, you'll become a curious investigator of how it really affects your emotions, your energy, your focus, and your relationships. You'll uncover surprising truths, bust a few myths (spoiler: not all screen time is bad), and explore how digital technology and artificial intelligence (AI) can actually help you feel more balanced—if you use it with purpose.

But we're not stopping at thinking—you'll be creating, too: you'll design something that reflects your real experiences, such as:

- A powerful digital collage
- A short, emotional video
- Or an expressive poster with a message worth sharing

You'll choose your own path:

- Design a digital strategy using AI to promote healthy tech habits.
- Reflect on a real-life situation—maybe at home, in your friend group, or just with yourself—and explore how tech helps or hurts your wellbeing.

This is more than a school project, it's your chance to understand yourself better and make tech *work for you*, not the other way around. You'll walk away with practical ideas you can use in your daily life—and maybe even something that inspires other girls, boys, or nonbinary peers to make a change, too. Here's what you'll do:

- Explore situations where technology boosts—or hurts—your digital wellbeing.

- Bust digital myths and learn the truth about how tech affects your mind and body.

- Use tools like Canva, CapCut, and more to express your ideas visually.

- See how digital technology and AI can support relaxation, sleep, focus, and emotional health.

- Use creativity and storytelling to design a tech future that feels good for you.

Objectives: What will I learn?

- **Understand the concept of digital wellbeing** by analyzing how your daily tech habits impact your emotional and physical health to make more conscious decisions in your life.

- **Recognize and name emotions** connected to digital use by reflecting on personal experiences and everyday scenarios to become more aware of how technology shapes your mood, relationships, and stress levels.

- **Identify and debunk myths** about technology and mental health by comparing facts vs. assumptions to challenge common beliefs and make informed choices.

- **Explore how AI tools can support digital wellbeing** through the discovery of real apps and platforms to understand how technology can also be part of the solution.

- **Design and communicate your own wellbeing strategy or scenario** by using creative platforms like Canva, CapCut, or Genially to express your ideas in a visual, persuasive, and impactful way.

- **Develop critical and creative thinking skills** through storytelling, teamwork, and peer feedback to apply what you've learned to real-life challenges in your digital environment.

- **Reflect on your personal tech habits** by tracking your emotions and reactions to leave this activity with a clearer idea of how to protect your digital balance in the future.

Materials: What do I need?

1. **Provided by the teacher/institution:**

   - Projector and screen

   - Internet connection (stable and accessible for all students)

   - Laptops, tablets, or classroom computers

   - Access to digital tools:

     o Canva (for visual creations: posters, collages)

     o Google Forms or interactive quiz tool (for the Myth vs Reality game)

     o Padlet, Genially, or Mentimeter (for collaborative boards or digital reflections)

2. **Provided by students (computer, internet access, notebook, pencils).**

   - Personal device (smartphone or tablet)

   - Notebook or sketchpad

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- Pens or pencils

3. **Downloadable resources (guides, templates, reference examples).**

- **"Myth vs Reality" Table** – to explore common misconceptions about tech and wellbeing

- **Scenario Template** – to analyze real-life contexts and propose healthier digital strategies

Previous preparation

- Create diverse working groups of 3–4 students each. Encourage balanced participation by assigning rotating roles (e.g., researcher, designer, presenter, editor).

- Check access to digital tools on all devices:
  o Ensure young digital designers of all genders can log into or access Canva, Google Forms, and other platforms like Padlet or Genially without needing to create accounts on the spot.

- Print and prepare the following handouts or templates:
  o Emotion Map
  o "Myth vs Reality" worksheet
  o Scenario Exploration Template

- Test equipment (projector, Wi-Fi, sound) for group demos and product showcases.

- Set up a collaborative sharing space: Use a wall, bulletin board, or digital padlet to display students' final creations and reflections.

Warm-up tip: start with a reflection circle: "What's one thing you love about technology, and one thing that sometimes stresses you out?"

Let's explore what it means to feel good (or not) in a digital world and connect our experiences with deeper questions.

Now think back: "based on what you've heard from your parents, grandparents or other adults — how did people relax or disconnect before digital technology existed? What would they say if you asked them? How does their way of finding calm compare to yours? Could you combine both approaches to create your own digital wellbeing strategy?"

RESEARCH

👁 Have a look at these resources

Before you dive into design, let's take some time to reflect and investigate.

Digital wellbeing isn't just about screen time, it's about how technology affects your emotions, your focus, your sleep, and your relationships. In this phase, you'll explore what it really means to feel good (or not) in a digital world and begin connecting your everyday experiences with deeper questions. Therefore,

1. What Is Digital Wellbeing?

Digital wellbeing means finding a healthy balance between technological use and your emotional, mental, and physical health. It's about using tech in a way that helps you—not drains you. Let´s:

- Write your own personal definition of digital wellbeing in your notebook or padlet.
- Think of examples from your daily life: times when tech helped you feel calm, focused, or connected, and times when it stressed you out.

Here you have some guiding questions that might help you:

- How does the way I use technology affect my mood or my stress?
- What habits help me feel good—and which ones leave me drained?
- Do I sleep better or worse after using my phone before bed?
- When do I feel most present and connected with others—online or offline?

2. Digital Emotions: Where Do You Feel Well or Unwell?

Tech doesn't just affect your brain—it affects your feelings. In order to be away of it, let´s:

- Make a list of everyday tech situations—scrolling TikTok, using Spotify, getting a late-night text.
- Match each situation with an emotion: relaxed, anxious, focused, left out, happy, frustrated, etc.

You'll use these reflections to build a collaborative Emotion Map—a space where everyone can add drawings, phrases, emojis, or colors that represent how different tech situations make you feel. Use Padlet, paper, Canva—or a mix.

Here you have some questions that might help you reflect on your feelings:

- What makes me feel calm when I use technology? What makes me feel overwhelmed?
- When do I notice myself getting distracted, comparing, or stressed online?
- What role does sleep or rest play in how I use my devices?

- *Example:* "I feel anxious when I scroll social media before bed." "I feel relaxed when I listen to music while walking."

3. **Myths vs. Reality: Let's Bust Some Digital Myths**

We hear a lot about the dangers of tech, but what's true, and what's just hype?

You'll work in teams to explore common beliefs about digital life by using the document *"Myth vs Reality" Table*. Then, you'll classify them as Myths or Realities, explain why, and use AI (like ChatGPT or Google) to validate your claims.

After all the research is done, use a shared Google Form or Quiz to play an interactive game: _Myth or Reality._

⚒ CREATE

🚩 Some things you need before beginning

Before you start creating, take a moment to connect with the real-world impact of what you're about to explore. Digital wellbeing isn't just another school topic, it's about how you feel every day, how you rest, how you connect with others, and how you handle stress and pressure in a hyper-connected world.

Why This Topic Matters

- AI is already shaping our lives—from music suggestions to sleep trackers and emotional support apps. The more we understand how these tools work, the more we can make them serve our wellbeing instead of damaging it.

- Emotional health is digital wellbeing. The way you use tech directly affects your mood, confidence, sleep, and focus. Learning to spot these patterns early helps build healthier habits for life.

- You have power: By reflecting and creating solutions now, you're preparing to use technology on your own terms—and maybe help others do the same.

Did You Know?

- Apps like Calm, Headspace, and Forest use design and AI to support relaxation, focus, and healthier tech routines.

- Your digital habits can literally change your brain—tech affects the way we regulate emotion, attention, and decision-making.

- Women like Dr. Rosalind Picard (MIT's Affective Computing Lab) are using AI to recognize and support emotions and Tamara Levitt, mindfulness director at Calm, helped design one of the world's most popular digital wellness apps.

- According to Harvard's Digital Wellness Lab, teens who use screens more than 7 hours a

day are twice as likely to report anxiety and sleep problems. That's why digital habits matter—and small changes make a big difference.

Now that you've reflected on why this matters, you're ready to create with intention. Let's move on to the creation phase. You'll choose one of two creative paths to explore and improve digital wellbeing in your own life. Whether you design a strategy or analyze a real-life situation, your goal is to use technology and creativity to promote healthier, more mindful digital habits.

👣 Now, follow these steps

Option 1: Strategies to Promote Digital Wellbeing in Everyday Life Using AI

Step 1: Identify the Problem

- Think of a real situation where digital habits create stress, overwhelm, distraction, or environmental issues.
  - Examples: staying up too late on your phone, getting anxious from too many notifications, feeling pressure from social media, and throwing away old devices like phones and tablets, which contributes to toxic electronic waste and environmental pollution.

Step 2: Analyze the Impact

- Ask yourself:
  - How does this issue affect your health or emotions?
  - How often does it happen? In what context?
  - How do you (or others) usually respond?
  - How could you help someone disconnect more easily?
  - What digital tools or AI-based applications could you use to support your wellbeing and/or healthy habits?
  - How can AI be used to detect signs of digital overload or encourage mindful breaks?
  - How can you use technology consciously to avoid digital discomfort?
  - What do you usually do with your old phones or devices—and how do you think that choice affects the planet?

Write down keywords or feelings that help you understand the problem clearly.

Step 3: Brainstorm a Solution

- Now imagine a tool, app, or digital strategy that could help solve this problem. Ask yourself:
  - Could AI help track your screen time, detect stress, recommend pauses, or adapt music to your mood?
  - Here you have some strategy examples:
    - *Using mindfulness and AI-powered applications*: Many meditation apps use AI to create personalized routines that help reduce stress and improve focus.
    - *Screen time management apps*: Tools that alert us when we've spent too much time on

social media or video games, helping us better manage our time and avoid digital fatigue.

- *Creation of an app*: It should be based on giving you points for recycling your phone, helping you find a drop-off spot nearby, or showing you fun ways to reuse old tech at home.

- Make a list of ideas, nothing is too wild. The more creative, the better.

Step 4: Design Your Strategy

- Think of an idea and sketch it out to create a strategy to solve a concrete problem related to technology:
  - What does it do?
  - Who is it for?
  - How does it use AI or digital tools to promote wellbeing?
  - What's the experience like for the user?
- You can create a simple mock-up, storyboard, or app feature list.
- *Sustainability twist!* As you design your product, consider how digital tools and devices impact the planet. Could your idea raise awareness about e-waste, energy use, or tech recycling? Try to include a small artistic element (like an icon, stat bubble, or recycled metaphor) that reflects this in order to explain in the presentation the impact of digital tools in the planet and how you are aware of it.

Step 5: Get Feedback

- Share your idea with another team. Ask:
  - Would you use this?
  - What's helpful about it?
  - What would you improve?
- Revise your idea based on their feedback.

Option 2: Reflect on a Digital Wellbeing Scenario

Step 1: Choose a Scenario

- Pick **one situation** from the examples given in three contexts presented in the *Scenario Template* documents.

Step 2: Design a solution

- Firstly, in your chosen scenario, reflect on:
  - A situation where technology supports your wellbeing
  - A situation where it creates discomfort or imbalance
- Then, propose realistic solutions or changes that could help you improve your digital wellbeing in that space. Below you will find some questions to guide your reflection and to take into account in your design:
  - What emotions are connected to each situation?

- o What role does technology play—supportive, disruptive, or both?
- o What could you change, add, or keep doing to better protect your digital balance?

- Use your answers to inspire your creative final product and be ready to explain the *why* behind your ideas.

Final Step: visual representation

<u>**No matter which path you chose**</u>, designing a strategy or analyzing a scenario, your final task is to express your personal reflection through a creative visual product.

This is your chance to share what you've learned, imagined, or experienced in a way that others can see, feel, and connect with.

Step 1: Choose one of the following

- **Digital Collage:** collect and combine images, phrases, and graphic elements that represent your relationship with technology. Show how it affects your emotional, social, and physical wellbeing. Use tools like Canva, Adobe Express, or FotoJet.
- **Short Video (1 to 3 minutes)**: create a short clip that captures everyday scenes showing healthy or problematic use of technology. Include key messages, tips, or reflections. You can use CapCut, InShot, or Canva Video to edit.
- **Informative Poster**: design a poster to raise awareness about an aspect of digital wellbeing—like screen time, mindful disconnection, or positive social media use. Try using Genially, Piktochart, or PosterMyWall.
- In your collage, video, or poster, try to include people of different genders and backgrounds. For example, show a girl leading a mindful tech challenge, or a nonbinary student designing a wellness app. Representation matters!
- Include a caption or paragraph where you:
  - o Summarize your main message
  - o Explain what inspired you
  - o Reflect on what you hope others will take away

Below you will find some tools you could use for your work:

Digital Collage	Short Video	Informative Poster

Canva – canva.com	**CapCut** – capcut.com	**Canva**
Templates for collages, drag and drop images, texts, icons. Very intuitive.	Easy video editing, effects, texts, music. Web version and mobile app.	Specific templates for school, awareness or educational posters.
Adobe Express – express.adobe.com	**InShot** – Mobile app (Android/iOS)	**Genially** – genial.ly
Allows you to create collages, posters, flyers with attractive templates and simple editing.	Very good for editing clips from your mobile, adding music, stickers and transitions.	Allows you to create infographics and interactive posters with dynamic visual resources.
FotoJet – fotojet.com	**Canva Video** – within Canva	**Piktochart** – piktochart.com
Ideal for creating quick collages with many pre-designed templates.	Allows you to create videos from templates, record voice-overs or add effects.	Excellent for infographics but also allows you to design attractive posters.

Step 2: Add a short-written explanation:

- Include a caption or paragraph where you:
  - Summarize the main message of your creation
  - Explain what inspired you
  - Reflect on what you hope others will take away from your work

Remember: Your final product should be creative, thoughtful, and meaningful. Use it to share your voice, your story, and your ideas for a healthier digital world.

COMMUNICATE

Now it's time to present what you've created! This is your moment to explain your message, your design, and your ideas to the rest of the group—and to listen and learn from others, too.

Each team will:

- Present their final product: collage, video, or poster
- Explain the strategy or scenario they explored
- Describe the process behind the creation:
  - Why did you choose this idea or situation?
  - What emotions or challenges were you trying to address?
  - How does your product promote digital wellbeing?

To deepen your reflection, compare your idea or product to existing tools or strategies already used in the real world. Ask yourself:

- Are there apps or solutions that already try to do something similar?
- What makes your idea different, more creative, or more personal?
- Could your solution be useful in your school, home, or community?
- What kind of impact could it have if it were real?
  - *Example: "Our product is similar to the Forest app, but instead of just blocking screen time, it also recommends emotional check-ins based on user input."*

It is time to share!

In this section, different social media will be presented in order to upload your activity result.

#DigitalWellBeing

- LinkedIn: https://www.linkedin.com/company/steambrace-project/posts/?feedView=all

- Instagram: https://www.instagram.com/steambrace_eu/

- X: https://www.instagram.com/steambrace_eu/

KEEP ON LEARNING

How can I make a similar project by myself?

You've already explored how digital habits affect your wellbeing—but what if this was just the beginning of your journey?

Use the following questions to dive deeper and imagine new ways to extend your project—or even launch a new one:

- If your digital wellbeing solution were a person, how would they support you? What would they say or do to help you disconnect?

- What emotion would you program into an AI to help it understand how you're feeling online—and how would it respond?

- If you could transform your final product into an interactive museum exhibit, what would people see, touch, or feel to understand your message?

- What if your idea had to adapt for a completely different environment—like outer space, a remote village, or an elementary school? How would you redesign it?

- What hidden patterns in your tech habits would you want an AI assistant to uncover for you—and how could that change your routine?

- What's one digital habit you wish you could "remix"? How would you use technology to reinvent that habit into something positive and empowering?

- Imagine you wrote a letter to your "future self" 10 years from now. What would you want to remember about digital balance, and how would you remind yourself to keep it?

Which are other connected projects?

If you're curious to go further, here are some ideas for related projects that connect to what you just explored. You can do them individually, in teams, or even as a school challenge!

- **Run a "Mindful Tech Challenge"** at school: Invite student creators like her, him, or them to reduce screen time, try new focus tools, or schedule tech-free zones—and document the results.

- **Create a podcast episode or blog post**: Interview peers, teachers, or family members about how they balance their digital lives.

- **Explore AI and empathy**: Research how artificial intelligence is being used to detect emotions, support mental health, or create personalized wellbeing experiences.

- **Redesign social media for good**: Sketch or describe a platform that reduces comparison and boosts connection, inclusion, and authenticity.

- **Build a digital campaign**: Use Genially or Canva to create a poster series, infographic, or

short video campaign that promotes awareness about digital overload, sleep, or emotional balance online.

- **Start your own digital journal** to track: write how you feel after using different types of technology, describe which digital habits make you feel calm, focused, or connected and which habits leave you stressed, tired, or distracted.

- **Design your own app**: imagine and sketch your own wellbeing app, built for teens like you.

LINKS FOR FURTHER INFORMATION

- Explore platforms like Teens in AI or Women in AI for opportunities to join global movements working on **ethical and inclusive technology projects**.

- **Center for Humane Technology: Youth & Wellbeing.** Learn how apps are designed to capture attention—and how we can reclaim our time and focus. https://www.humanetech.com/youth

- **MIT Media Lab: Affective Computing.** Explore how AI is being trained to recognize and respond to human emotions. https://affect.media.mit.edu

- **Forest App.** Stay focused by planting virtual trees. Great for building mindfulness and breaking screen addiction. https://www.forestapp.cc

- **BBC Own It.** A creative hub for exploring online life, emotions, and tech safety—designed just for teens. https://www.bbc.com/ownit

- **Digital Wellness Lab – Harvard.** Evidence-based research on screen use, emotional wellbeing, and healthy tech habits in young people. https://digitalwellnesslab.org/research/#pimu

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