

Digital Wellbeing for Families Workshops

Activity Block: Emotional Intelligence

Digital Boundaries Role-play

Time needed: 25 minutes

Age suitable: 13-16-year olds

Objective: *Learn confidence and emotion regulation when setting social media and tech-related boundaries.*

Method:

1. The trainer gives examples of face to face or in person boundaries. The trainer asks participants would they ever:
 - Call to someone's house late at night to ask someone about an excel sheet or a misplaced book?
 - Walk into a meeting and announce, "I cried for 2 hours last night because of my ex."
2. When participants answer why that wouldn't be appropriate, outline that this is because of boundaries. Emphasise the need for both digital and personal boundaries and how the following activity will explore different scenarios regarding digital boundaries and how to deal with them.
3. The trainer will explore various scenario cards with parents and engage in in-depth discussion/reflection exercises.

Facilitator tips: As a facilitator you may need to bring the following materials: Pens, paper and print and cut-out scenario cards. Scenario cards can be found in the additional resources.

Screen time check in

Time needed: 25 minutes

Age suitable: 7-16-year olds

Objective: *Create simple, emotionally grounding routines **before and after** using screens to help participants build emotional regulation and mindful tech habits.*

Method:

1. Ask participants to think about how many times a day they pick up their phones to check them, scroll or open social media applications unconsciously. Ask

participants to think of the reasons for doing this and how does it make them feel when they check their phones.

2. Ask participants to complete the activity worksheet attached.
3. Once complete, in 2-3's, ask the group to share their reflections on the worksheets.

Facilitator tips: As a facilitator you may need to bring the following materials: Pen, Paper, phone and media and activity sheet. Use activity worksheet titled as '**Activity 2: Screen time check in**'.

Technology timeout and family dialogue

Time needed: 25 minutes

Age suitable: 7-16-year olds

Objective: *To create intentional, device-free moments where families can reflect on screen use, share feelings, and build stronger emotional connections without the distraction of technology.*

Method:

1. Choose a Regular "Tech Timeout: Ask participants to decide on a time where everyone agrees to be device-free — no phones, tablets, TV, or smartwatches. Start small: 15–30 minutes during dinner, car rides, or before bedtime. Other possible timeout slots:
 - Dinner time: Every evening from 6:30 to 7:00
 - Sunday family walk
 - Tech-Free Tuesday evenings
2. Suggest conversation starters

The trainers can suggest questions to start discussions during tech-free time using open-ended prompts. Rotate who gets to choose the question. Ask participants to create 10 questions. Below are examples of discussion questions.

- "How does it feel when someone's on their phone while you're talking?"
- "What's something funny or kind you saw online today?"
- "Is there anything online that made you feel left out or upset?"
- "What app or game makes you feel most relaxed? Most stressed?"
- "What's one thing we could all do together without screens this week?"
- "What do you wish adults understood about how kids use phones?"
- "What's your favourite way to connect with friends online?"

3. Set Shared Screen Use Intentions

After the conversation, work together to agree on one or two family tech values or boundaries. Examples:

- “Phones away at the dinner table.”
- “No devices in bedrooms after 9 PM.”
- “Let’s ask before posting photos of each other.”
- “Everyone gets 30 minutes of screen time after homework

Facilitator tips: As a facilitator you may need to bring the following materials: Flip chart, sticky notes, markers.

Technology-Free Reflection Walks

Time needed: 30 minutes

Age suitable: All ages

Objective: *Build emotional awareness and presence by disconnecting from screens.*

Method:

Part 1:

1. Trainer asks parents to think about the time they spend outside/doing activities with their children, technology-free.
2. Trainer invites participants to go on a daily or weekly walk without any digital devices.

Part 2: (following session)

3. The trainer invites participants to reflect on their thoughts and emotions or journal them after their walk:
 - What emotions came up when you weren't distracted?
 - What did you notice about your surroundings and your thoughts?
4. To include teens and young children in this activity, the trainer asks the parents to bring the children on a walk technology free and use a “emotions scavenger hunt” to explore emotional intelligence and discussion. For example, parents ask children to “Find something that makes you feel calm/happy/curious”). Example questions below:
 - **Find something that makes you smile.** *What is it, and how does it make you feel?*
 - **Find someone who looks happy.** *What might have made them feel that way?*
 - **Find a place where you feel calm.** *What sounds, colours, or objects help you feel peaceful there?*
 - **Find something that makes your heart beat faster.** *Is it excitement, nervousness, or something else?*

- **Find something that reminds you of a time you felt proud.** What did you do that made you proud?
- **Find something that helps you calm down when you're upset.** Can you show how to use it or explain why it works.

Facilitator tips: As a facilitator you may need to bring the following materials: Flip chart, sticky notes, markers.

The 24-Hour No-Scroll Challenge

Time needed: 25 minutes + 24 hours

Age suitable: All ages

Objective: To challenge participants to use the tips, tricks, tools and information from the session to consciously think about their digital wellbeing and how it affects their lives.

Method:

This activity is advised to be used as a homework activity and round up activity.

1. Participants are challenged to do a 24-hour scroll-free experience (no social media, short-form video, or random scrolling).
2. Before starting, each family discusses:
 - When do we scroll out of boredom, stress, or emotion?
 - How does make us feel?
 - What can we do instead (draw, talk, walk, play)?
4. Ask participants to come up with more reflective questions and discussion topics.
5. Create a fun **Digital-Free Pact Poster and plan** with rules and ideas of activities, hobbies, crafts etc.
6. After 24 hrs, reflect:
 - a. What did you notice about your emotions?
 - b. Was it harder or easier than you thought?
 - c. Would you try it again?

Facilitator tips: As a facilitator you may need to bring the following materials: Flip chart, markers, sticky notes. Template for Digital Free Pact Poster can be found in the additional resources.