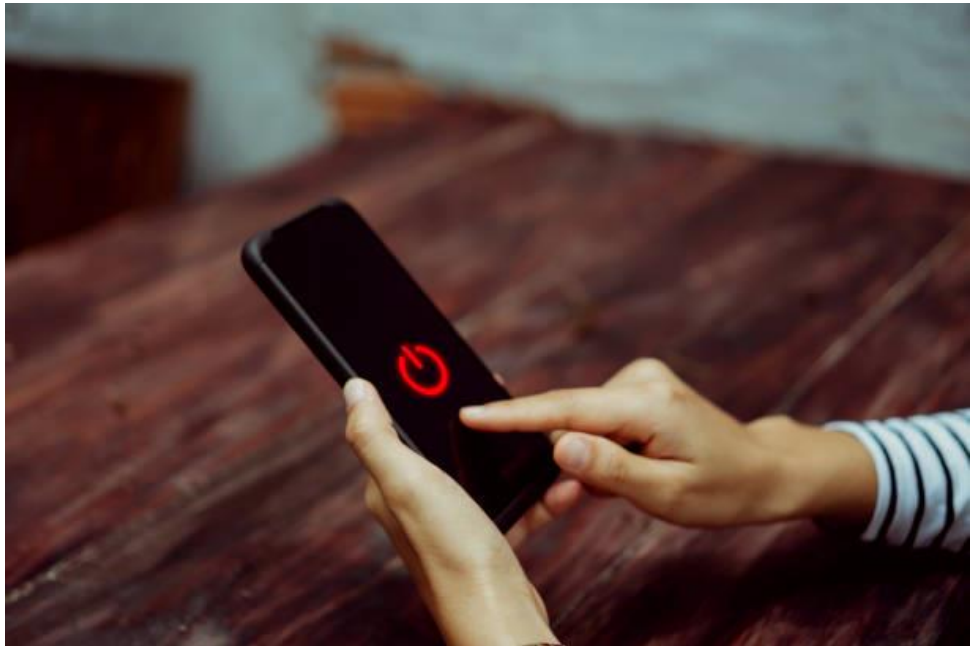


Annex 2 – Call to Action Activity Template

Theme: Switching Off

Thematic Area	Switching Off		
Activity Title	Unplug and Recharge		
Type of resource	Self-Help Activity		
Photo			
Duration of Activity (in minutes)	30 - 60 minutes	Learning Outcome	<ul style="list-style-type: none"> - Develop awareness of the impact of technology on mental health and wellbeing. - Learn techniques to disconnect from technology and increase mindfulness. - Reflect on personal habits and develop strategies for a

			healthier relationship with technology.
<p>Aim of activity</p>	<p>Unplug and Recharge is an activity designed to help young NEETs disconnect from technology and recharge their mental batteries. This activity encourages participants to reflect on their relationship with technology and to identify ways they can disconnect from screens and engage with the world around them.</p> <p>To begin, participants should take a few minutes to sit in silence and focus on their breathing. Next, they should reflect on their technology use over the past week, noting how much time they spent on screens and how it made them feel. Participants should then brainstorm a list of activities they enjoy that don't involve technology, such as reading, drawing, or spending time outdoors.</p> <p>Participants should then choose one or more of these activities to do for a set amount of time, such as 30 minutes or an hour. During this time, they should make a conscious effort to unplug from technology and be present in the moment. After the activity, participants should reflect on how they feel and what they learned from the experience.</p> <p>Completing the Unplug and Recharge activity can have numerous benefits for young NEETs, including:</p> <ul style="list-style-type: none"> - Increased mindfulness and self-awareness - Reduced stress and anxiety - Improved sleep quality - Enhanced creativity and productivity - Better relationships with family and friends - Increased sense of connection with the natural world <p>By taking time to unplug from technology and engage with the world around them, young NEETs can improve their overall wellbeing and build healthy habits for a lifetime.</p>		
<p>Materials Required for Activity</p>	<p>There are no specific materials required for this activity, as it focuses on disconnecting from technology and distractions. However, participants may choose to use pen and paper for journaling or reflection.</p>		

Step-by-step instructions

Step 1: Introduce the concept of “switching off” and explain the benefits of taking time away from technology and distractions.

Step 2: Encourage participants to identify their own triggers for technology use and to set realistic goals for disconnecting.

Step 3: Offer resources and tips for managing distractions, such as turning off notifications, using productivity apps, or finding alternative activities.

Step 4: Encourage participants to reflect on their experience of disconnecting and to share any insights or challenges they encountered.

Step 5: Discuss strategies for integrating mindful technology use into daily life and encourage participants to continue practicing “switching off” regularly.

Throughout the activity, trainers should emphasize the importance of self-care and self-awareness in maintaining a healthy relationship with technology and avoiding burnout. They can also offer support and guidance to participants who may struggle with disconnecting or managing their technology use.