

NOMO FOMO In-service Training Programme (IO2)



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NOMO FOMO In-Service Training Programme

Welcome to the NOMO FOMO In-service Training Programme. This training programme has been developed and designed as a series of modular face-to-face and online learning sessions which will support front-line youth workers who are currently in practice, to use the Interactive Infographics developed by the NOMO FOMO project team in their youth work, to support young people to understand and address FOMO – Fear of Missing Out – in their lives. To ensure that youth workers can reap the maximum benefit from these innovative and pertinent learning resources, the NOMO FOMO partners have developed this training programme that will support front-line youth workers to understand and unpack what FOMO means for young people today – especially given the unique circumstances that COVID-19 has presented for young people – and will also support them to develop their digital skills so that they can firstly apply the NOMO FOMO Interactive Infographics in their youth work practice; but also so that they can build their digital content creation skills to be able to develop their own digital learning resources.

Core Content of the In-service Training Programme

To achieve these ambitious aims, the content of this training programme is presented to address four key areas, as follows:

1. Training to address the key components of FOMO and the resulting negative mental health impacts.
2. Supporting youth workers to develop their digital media skills to enable them produce videos, audios, quizzes, puzzles, digital breakouts, WebQuests, etc. using open-source software programmes; so that they themselves can produce their own interactive infographics
3. Building the competence and confidence of front-line youth workers to work in online learning environments where the relationship between tutor and learner are completely different to face-to-face learning scenarios.
4. Supporting youth workers to develop robust mitigation strategies that will allow them to migrate all NOMO FOMO activities into fully online environments as and when the need might arise due to unforeseen circumstances like COVID-19 and the new socially distanced normal that can greatly undermine core youth service provision.

Through this content, we are aiming to support front-line youth workers to develop their digital skills and their confidence in using the NOMO FOMO suite of learning resources to ensure that they can continue to engage young people in managing and addressing their own mental health and well-being, even during the COVID-19 pandemic, which has disproportionately affected young people in the communities where we work.

Learning Hours in the Programme

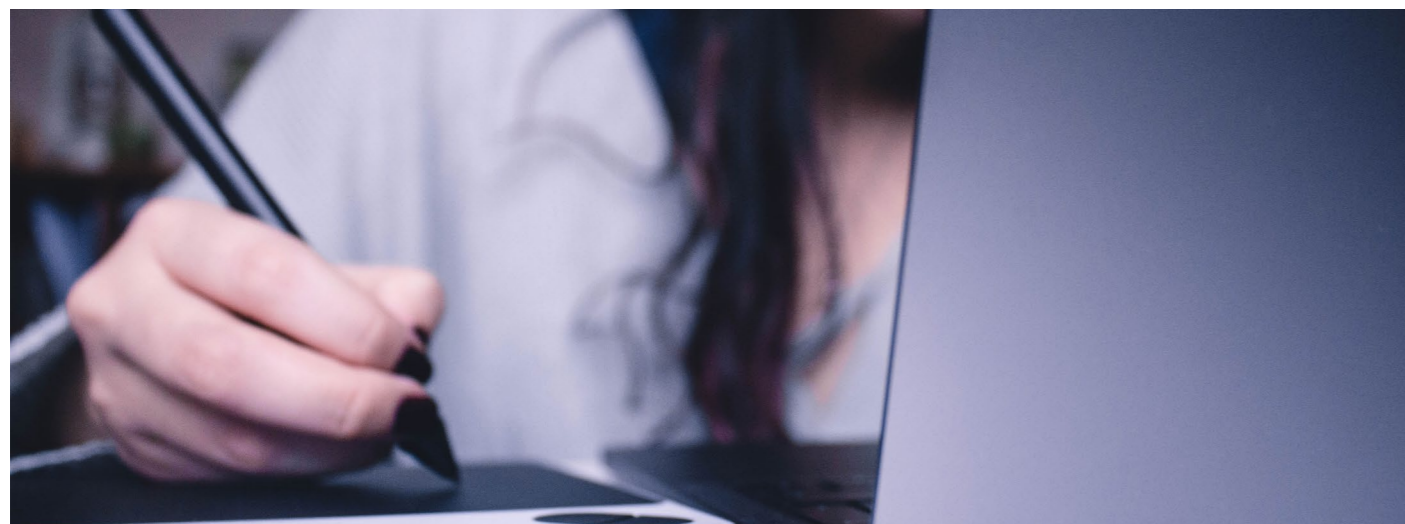
The in-service training comprises a total of 60 hours of learning, broken down into three training elements as follows:

- 20 hours of workshop-based training focused on 'unpacking' FOMO and understanding the components that cause anxiety and stress in social media environments and develop mitigation strategies.
- 20 hours of workshop-based training focusing on building the digital media skills of front-line youth workers to produce high-value media-rich learning materials.
- 20 hours of self-directed online learning focused on working in online environments.

In this handbook, the content for the 20-hours of self-directed learning content is presented as a series of 4 activities which you can complete in your own time and at your own pace, so that you can develop your own Interactive Infographic for young people in your youth group or service. When working in online environments, it is important that you can provide engaging, meaningful and enriching learning experiences and activities for young people. That is what we will support you to do through this self-directed learning handbook. If you need more support on these activities, you can view additional PowerPoints and resources through Module 2 of the face-to-face handbook, or you can enquire about attending local training workshops that are offered by NOMO FOMO partners in your region.

For the self-directed learning handbook, and based on these activities, youth workers will be able to engage in autonomous learning to be able to research and develop their own Interactive Infographics, on a topic that is relevant and pertinent to young people in their groups.

The 40-hours of workshop-based content is available in a separate handbook which is accessible through the NOMO FOMO MOOC platform: <http://nomofomomooc.eu/index.php/inservicetrainingprogram/>



Self-directed Learning Activities

The following self-directed learning activities are structured around four key activities, each of which should take approximately 5-hours to complete:

- 1) How to create a video using Powtoon (free version)
- 2) How to create a Quiz using Google Forms
- 3) How to create a Digital Breakout using Google Forms
- 4) How to create a poster on Canva

Through completing these four activities, youth workers will be able to produce each of the elements of an Interactive Infographic, which they can use to provide engaging learning activities for young people in their group or service. To support youth workers in developing their own Interactive Infographics, templates, and guidelines for creating Infographics are also included in the Annexes of this handbook.

How to Create a Video Using Powtoon

To create a short video using the free version of the Powtoon platform, youth workers can follow the steps in this short self-directed learning activity.

Title of the Activity:	How to Create a Video Using Powtoon	
Duration	Resources Required:	
This activity will take 5 hours to complete	To complete this self-directed learning activity, you will require the following resources: <ul style="list-style-type: none"> Laptop, with access to the internet access Access to the Powtoon platform: https://www.powtoon.com/ Access to the 'how-to' video: https://youtu.be/9-hGm9VC_0k Video script (developed using template in Annex 1) Smartphone with voice-recorder app to record your narrative 	
Learning Outcomes		
On successful completion of this lesson, you will be able to: <ul style="list-style-type: none"> Develop your script for a short Powtoon animation. Use the free version of Powtoon to create your video. Publish your video on social media. 		
Duration	Description of Activity	Links to Support Materials
60 minutes	Video Scripting <ul style="list-style-type: none"> The first step is to develop a script for your Powtoon animation. This video script will help to set the topic for your interactive infographic. So first you need to think of what topic you want to address for young people through your interactive infographic. Once you have identified the topic, you can use the script template and guidelines in Annex 1 to develop a video script for your animation video. 	Video Script Template is available in Annex 1 of this Handbook.

60 minutes	Recording your Audio <ul style="list-style-type: none"> Now that you have your video script written, it is time to turn that script into an audio narration! For this, we recommend that you use a voice-recording app on your smartphone. You can use the links provided to support you to record your narration. 	4 Tips to Improve Your Audio When Recording with a Smartphone: https://youtu.be/0yxcAphy_cU How to Record Professional Audio with your phone 2022 Full Android and iPhone Tutorial: https://youtu.be/THrZodHX4iU
30 minutes	Watch the 'how-to' Video <ul style="list-style-type: none"> Now that you have your audio recorded, it is time that you learned a little more about Powtoon! Watch the NOMO FOMO 20-minute tutorial on how to create a video on Powtoon, and you will soon be ready to get started yourself! 	NOMO FOMO How to create a video using PowToon: https://youtu.be/9-hGm9VC_0k
120 minutes	Produce your Powtoon! <ul style="list-style-type: none"> Great, you have watched the video and you now know what you need to create your Powtoon video. Take out your laptop, visit: www.powtoon.com, and get set up with your free account. Then you are ready to import your audio and get started with your Powtoon video. Remember to watch back over the tutorial as you progress through developing your video! 	NOMO FOMO How to create a video using PowToon: https://youtu.be/9-hGm9VC_0k
30 minutes	Link and share! <ul style="list-style-type: none"> The final task in this self-directed learning activity is for you to share the link to your online video on social media. You can choose to share this with your colleagues or with young people through WhatsApp or on YouTube or Facebook, or you can use the link to generate your first QR Code, which you can add to your poster once it has been designed. To generate a QR code, you can take the link from your video and create a QR Code through a free QR code generator, like the one provided in the links section. 	QR Code Generator (Free): https://www.qr-code-generator.com/a1/?utm_source=google_c&utm_medium=cpc&utm_campaign=en_top_kw&utm_content=qr_generator_exact&utm_term=qr%20code%20generator_e&gclid=EAiaIQobCh-MI4aWu0caH-AIVHOPmCh0tdw-gWEAAyAAEgJHiPD_BwE

How to Create a Quiz using Google Forms

To create a quiz using Google Forms, youth workers can follow the steps in this short self-directed learning activity.

Title of the Activity:	How to Create a Quiz using Google Forms	
Duration	Resources Required:	
This activity will take 5 hours to complete	To complete this self-directed learning activity, you will require the following resources: <ul style="list-style-type: none"> Laptop, with access to the internet access Access to Google Forms: https://www.google.com/forms/about/ Access to the 'how-to' video: https://youtu.be/KYKCLFVu3Ak Quiz Template (developed using template in Annex 3) 	
Learning Outcomes		
<p>On successful completion of this lesson, you will be able to:</p> <ul style="list-style-type: none"> Design a quiz using true/false, multiple choice and open-ended questions. Create a Google mail account (if needed). Use Google Forms to create a quiz. Create a QR Code for the Quiz to integrate into an Interactive Infographic. 		
Duration	Description of Activity	Links to Support Materials
90 minutes	<p>Planning your quiz</p> <ul style="list-style-type: none"> The first step is to design your quiz. For this, you should think of the topic which you aim to address in your Interactive Infographic, and brainstorm 10 subject areas or topics that you could address in the quiz. For this, you may need to do some online research to find suitable questions and the correct answers! You can input this information into the Quiz template that is included in Annex 3 of this handbook. Remember to ensure a mix of true/false, open-ended and multiple-choice questions for your quiz! 	Quiz Template is available in Annex 3 of this Handbook.

30 minutes	<p>Finding suitable images</p> <ul style="list-style-type: none"> Now that you have your 10 quiz questions ready, it is time to find some suitable images that you can include in your quiz to make it more attractive for the young people who will be playing along in this quiz. For the images, we suggest that you use images that are copyright free. We have included some online sources of such images which you are free to use in your quiz. 	Unsplash: https://unsplash.com/ Pexels: https://www.pexels.com/
30 minutes	<p>Watch the 'how-to' Video</p> <ul style="list-style-type: none"> Now that you have your quiz questions and your images selected, it is time that you learned how to build your quiz on Google Forms! Watch the NOMO FOMO 20-minute tutorial on how to create a quiz using Google Forms, before starting with your own quiz! 	NOMO FOMO How to create a quiz using Google Forms: https://youtu.be/KYKCLFVu3Ak
120 minutes	<p>Create your Quiz on Google Forms!</p> <ul style="list-style-type: none"> Great, you have watched the video and you now know what you need to create your own online quiz using Google Forms! The first thing you may need is a Google mail account. If you don't have a Gmail account yet, you will need one to be able to use Google Forms, but don't worry, it is easy to set one up! You can do this at this link: https://support.google.com/mail/answer/56256?hl=en Once you are registered with Gmail, you can log into your account and visit your Forms page: https://www.google.com/forms/about/ Then you are ready to start building your quiz using Google Forms! Remember to watch back over the tutorial as you progress through creating your quiz! 	NOMO FOMO How to create a quiz using Google Forms: https://youtu.be/KYKCLFVu3Ak

30 minutes	<p>QR and share!</p> <ul style="list-style-type: none"> The final task in this self-directed learning activity is for you to share the link to your online quiz on social media. You can choose to share this with your colleagues or with young people through WhatsApp or on YouTube or Facebook, or you can use the link to generate your second QR Code, which you can add to your poster once it has been designed. To generate a QR code, you can take the link from your quiz and create a QR Code through a free QR code generator, like the one provided in the links section. 	<p>QR Code Generator (Free):</p> <p>https://www.qr-code-generator.com/a1/?utm_source=google_c&utm_medium=cpc&utm_campaign=en_top_kw&utm_content=qr_generator_exact&utm_term=qr%20code%20generator_e&gclid=EAiaIQobChMI4aWu0caH-AIVHOPmCh0tdwgWEAAYyAAEgJHiPD_BwE</p>
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How to Create a Digital Breakout using Google Forms

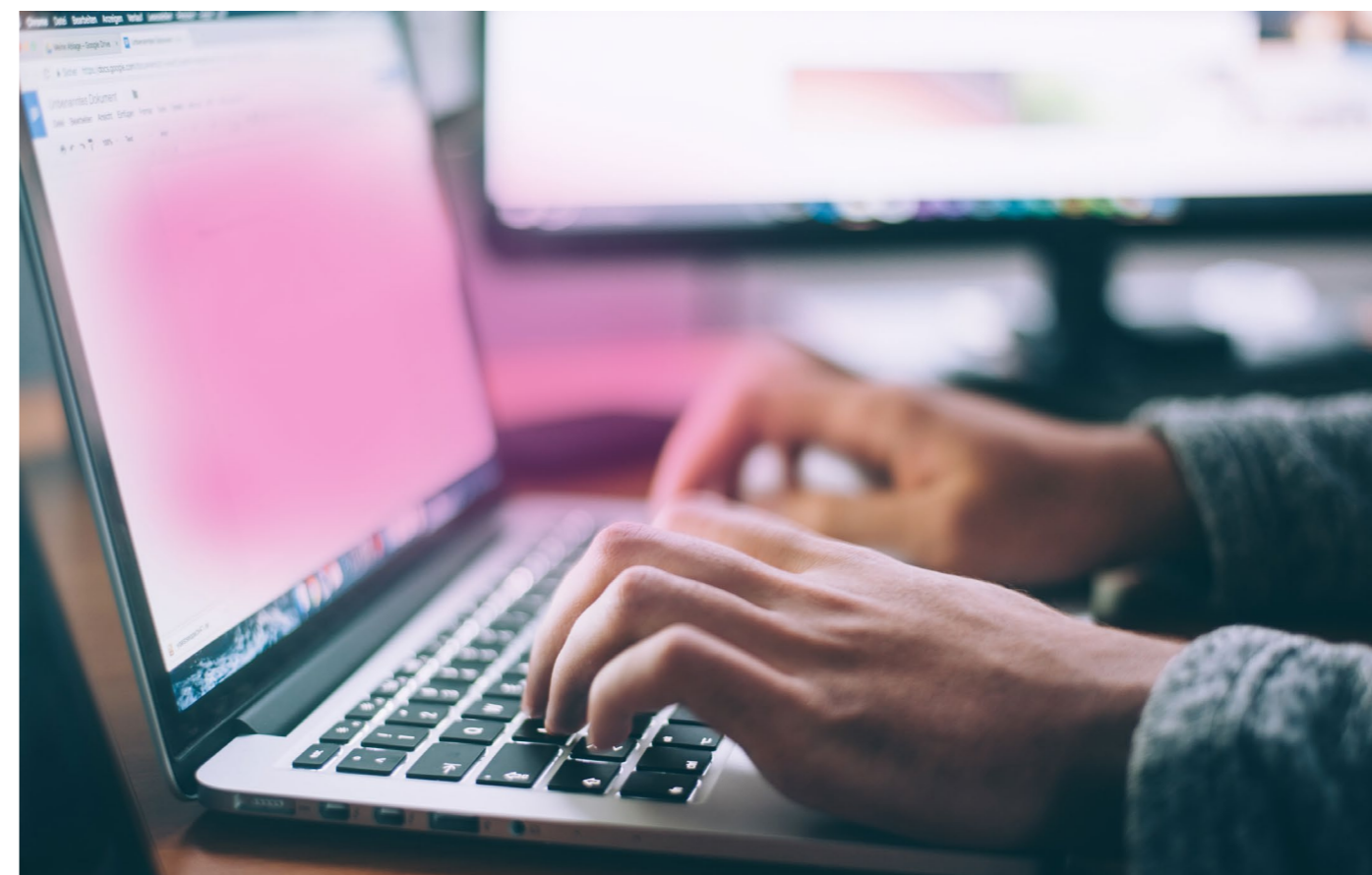
To create a Digital Breakout using Google Forms, youth workers can follow the steps in this short self-directed learning activity.

Title of the Activity:	How to Create a Digital Breakout using Google Forms
Duration	Resources Required:
<p>This activity will take 6 hours to complete</p>	<p>To complete this self-directed learning activity, you will require the following resources:</p> <ul style="list-style-type: none"> Laptop, with access to the internet access Access to Google Forms: https://www.google.com/forms/about/ Access to the 'how-to' video: https://youtu.be/NhBiqHP8fB0 Digital Breakout Template (developed using template in Annex 2)
Learning Outcomes	

<p>On successful completion of this lesson, you will be able to:</p> <ul style="list-style-type: none"> Create a narrative and develop your own digital breakout. Develop a scenario which can be followed throughout the completion of challenges. Create a Google mail account (if needed). Use Google Forms to create a digital breakout. Create a QR Code for the Digital Breakout to integrate into an Interactive Infographic. 		
Duration	Description of Activity	Links to Support Materials
90 minutes	<p>Planning your Digital Breakout</p> <ul style="list-style-type: none"> The first step is to design your digital breakout. The two key components of your Digital Breakout will be the scenario or storyline which the young people will play along to, and the challenges that they will complete. In this step, you should take some time to plan your scenario. Try to think of a character that young people might relate to and build a storyline around them. It should be something that they can follow, but also something that you can develop as the young person progresses through the challenges. You also need to consider the types of challenges that young people will need to complete. For this, you can review some of the different links provided with examples of different challenges that young people can complete. Once you have a structure for your narrative, and a plan for your challenges, you can start to populate the template provided to develop your own Digital Breakout. This template is provided in Annex 2 of this handbook. 	<p>Digital Breakout Template is available in Annex 2 of this Handbook.</p> <p>How to Create a Digital Breakout: Getting Started: https://journals.ala.org/index.php/ltr/article/view/7318/10039</p> <p>Mastering the Digital Escape: https://www.smores.com/cvf4p-digital-escapes</p>

<p>30 minutes</p>	<p>Finding suitable images</p> <ul style="list-style-type: none"> • Now that you have your scenario and you have a plan for your challenges, it is time that you search online and find suitable images that you can disperse throughout your digital breakout. • For the images, we suggest that you use images that are copyright free. We have included some online sources of such images which you are free to use in your quiz. 	<p>Unsplash: https://unsplash.com/ Pexels: https://www.pexels.com/</p>
<p>30 minutes</p>	<p>Watch the 'how-to' Video</p> <ul style="list-style-type: none"> • Now that you have your images, scenario and challenges for your digital breakout, it is time that you learned how to build your quiz on Google Forms! • Watch the NOMO FOMO 20-minute tutorial on how to create a digital breakout using Google Forms, before starting with your own breakout challenge! 	<p>NOMO FOMO How to create a Digital Breakout using Google Forms: https://youtu.be/NhBiqHP8fB0</p>
<p>180 minutes</p>	<p>Create your Digital Breakout on Google Forms!</p> <ul style="list-style-type: none"> • Now that have watched the video, you now know what you need to create your own digital breakout using Google Forms! • The first thing you may need is a Google mail account. If you don't have a Gmail account yet, you will need one to be able to use Google Forms, but don't worry, it is easy to set one up! You can do this at this link: https://support.google.com/mail/answer/56256?hl=en • Once you are registered with Gmail, you can log into your account and visit your Forms page: https://www.google.com/forms/about/ • Then you are ready to start building your digital breakout using Google Forms! Remember to watch back over the tutorial as you progress through developing your digital breakout challenge! 	<p>NOMO FOMO How to create a digital breakout using Google Forms: https://youtu.be/NhBiqHP8fB0</p>

<p>30 minutes</p>	<p>QR and share!</p> <ul style="list-style-type: none"> • The final task in this self-directed learning activity is for you to share the link to your digital breakout on social media. You can choose to share this with your colleagues or with young people through WhatsApp or on YouTube or Facebook, or you can use the link to generate your second QR Code, which you can add to your poster once it has been designed. • To generate a QR code, you can take the link from your digital breakout and create a QR Code through a free QR code generator, like the one provided in the links section. 	<p>QR Code Generator (Free):</p> <p>https://www.qr-code-generator.com/a1/?utm_source=google_c&utm_medium=cpc&utm_campaign=en_top_kw&utm_content=qr_generator_exact&utm_term=qr%20code%20generator_e&gclid=EAIaIQobChMI4aWu0caH-AIVHOPmCh0tdwgWEAAYAAEgJHiPD_BwE</p>
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How to Create a Poster on Canva

The fourth and final activity in this self-directed learning handbook is to support you to design and create your own poster on Canva, and to integrate the QR Codes you have generated so far into the design of your Interactive Infographic.

Title of the Activity:	How to Create a Poster on Canva	
Duration	Resources Required:	
This activity will take 4 hours to complete	To complete this self-directed learning activity, you will require the following resources: <ul style="list-style-type: none"> Laptop, with access to the internet access Access to Canva: https://www.canva.com/ Access to the 'how-to' video: https://youtu.be/xrKoj2TsAZs 	
Learning Outcomes		
On successful completion of this lesson, you will be able to: <ul style="list-style-type: none"> Design your own poster using Canva. Integrate QR Codes into your Canva poster to create an interactive infographic! 		
Duration	Description of Activity	Links to Support Materials
60 minutes	<p>Planning your Design</p> <ul style="list-style-type: none"> The first step is to design your poster. For this, we recommend that you research online and find a key fact that you would like to use to grab the attention of young people using your Interactive Infographic. This fact should be related to the topic of your Infographic. Next you should consider how you will put this design together. For this, you might consider taking a blank sheet of paper, and roughly sketching the key information that you want to display on your poster, and where you might include this information! This will act as a useful reference point for when you start working on Canva! 	N/A

30 minutes	<p>Finding suitable images</p> <ul style="list-style-type: none"> Now that you have an outline of your design in mind, are you going to include images from other sources? Canva does have a bank of images and icons that you can use, but with the free version of Canva, your options might be limited. To ensure that there are engaging images in your poster, why not try and find some suitable images elsewhere, which you can import to Canva. For the images, we suggest that you use images that are copyright free. We have included some online sources of such images which you are free to use in your quiz. 	<p>Unsplash: https://unsplash.com/ Pexels: https://www.pexels.com/</p>
20 minutes	<p>Watch the 'how-to' Video</p> <ul style="list-style-type: none"> Now that you have your images and outline of your design, it is time to watch the NOMO FOMO 'how-to' video, which will help you guide you through some of the features and functions of using Canva. Watch the NOMO FOMO 10-minute tutorial on how to create a poster using Canva, before getting creative with your own designs! 	<p>NOMO FOMO How to create a Digital Breakout using Google Forms: https://youtu.be/NhBiqHP8fB0</p>
90 minutes	<p>Create your own Poster on Canva!</p> <ul style="list-style-type: none"> Now that have watched the video, you now the basics of how to use Canva, and you also have your mock-up design to steer you! Your next step is to log onto the Canva platform, and to start to create your design: https://www.canva.com/ Remember to watch back over the tutorial as you progress through designing your first Canva poster! 	<p>NOMO FOMO How to create a poster on Canva: https://youtu.be/xrKoj2TsAZs</p>
40 minutes	<p>Integrate those QR Codes!</p> <ul style="list-style-type: none"> As you have been progressing through these activities, you have hopefully been collecting your QR Codes. If not, don't worry, once you have the links to your digital resources (Video, Quiz and Breakout) you can still create your own QR Codes. To generate a QR code, you can take the link from your digital breakout and create a QR Code through a free QR code generator, like the one provided in the links section. If you have your QR Codes, you should download and save them as image files. You can then import the image files to Canva and add them to your poster design! These important last steps will help you to create truly engaging, interactive digital resources for young people in your group. Congratulations! 	<p>QR Code Generator (Free): https://www.qr-code-generator.com/a1/?utm_source=google_c&utm_medium=cpc&utm_campaign=en_top_kw&utm_content=qr_generator_exact&utm_term=qr%20code%20generator_e&gclid=EAIaIQobCh-MI4aWu0caH-AIVHOPmCh0tdw-gWEAAyAAEgJHiPD_BwE</p>

Annexes – Template for Creating Interactive Infographics

In these annexes, we have included a copy of the templates which NOMO FOMO partners have used to create the Interactive Infographics in our project. They are included here to support and guide you to developing your own Interactive Infographics, for use in your youth work practice.

Annex 1 – Template for a Video Script

Guidelines for Developing your Script

The following tips will help youth workers to develop scripts for short animation videos that will help to introduce the topic of the Infographic to young people. The script can then be developed into a short video animation, produced using Powtoon. Guidelines on how to develop this video using Powtoon is available through this 'how-to' video: https://youtu.be/9-hGm9VC_0k

Create the structure

First, you need to decide on the content of your short animation video. Treat it like a story – there should be a clear beginning, middle, and end. Write down the points you want to cover in each section, and then you will have the structure for your video.

Plan the narrative

Use the structure you created to plan the full story as a narrative. Plan to use friendly and engaging language. As the target group is young people, it is important to ensure that the narrative is interesting, appropriate, and engaging. When you plan your narrative, you should imagine that you are talking directly to the young people and narrate your story as you would if you were sitting face-to-face with them. Make sure to keep your narrative short and concise. These videos should be 2-3 minutes in length: therefore, your scripts should be between 250 and 350 words, maximum.

Develop your script

At this point, you should have an idea of the structure of your animation video, and an idea of the story you want to tell. Using this, you can now begin writing your script! Break down your narrative into segments:

- o Step 1 - Provide a short introduction to the topic (50-80 words);
- o Step 2 - Present the key learning content to be delivered through this animation video – this should be staggered into 3 – so try to convey 3 core pieces of learning content in each script for young people (150 to 170 words in total).
- o Step 4 - Present a summary of the learning content (50-80 words).
- o Step 5 – congratulate the young person on completing the short animation video (50 words).



Introduction (50 to 80 words)	
Key Learning Content 1 (50 to 80 words)	
Key Learning Content 2 (50 to 80 words)	
Key Learning Content 3 (50 to 80 words)	
Summary and Recap (50 to 80 words)	
Congratulations (50 words)	

Annex 2 – Template for a Digital Breakout

A Digital Breakout is a challenge-based learning resource. You can learn more about what challenge-based learning is, in the face-to-face Module: Developing the Digital Skills of Youth Workers, which is available on our MOOC platform: <http://nomofomomooc.eu/index.php/inserVICetrainingprogram/>

Digital Breakouts typically pose learners with a set of challenges that they need to solve, using their critical thinking skills, to be able to progress to the next level and to ultimately solve the overall challenge being presented to them. These are unique resources that force learners to reflect on their prior knowledge and experience, critically evaluate challenges that are presented to them, solve clues and puzzles, and ultimately overcome a series of mini challenges, in order to progress. These digital resources are learner-centred and engaging for learners of all ages and abilities. They are built using Google Forms, and can be timed, so that learners only have a set time to solve the puzzles and challenges posed to them. Learners, or teams of learners, follow a single storyline or scenario throughout the breakout, finding clues, cracking codes, solving puzzles, and answering questions. The purpose of a Digital Breakout is to teach learners about a specific topic or issue, in a fun and engaging manner.

Creating your Digital Breakout

1. Start with a storyline. Create a story that the player will go through when advancing the steps of your challenge. Fit the learning materials into your storyline
2. Find images or videos that visually support the story you created. This helps the player to visualise your narrative and keep them motivated
3. Create challenges that help to assess the competences / learning outcomes and theme them to fit your story. The easiest type are challenges that require writing a correct word (or number) or choose the correct option from a list of options. These types are also the easiest to reproduce.

You can use the following templates when designing your challenges:

1: Digital Breakout Title: _____

1.2 Introduction

Enter a brief introduction to the challenge. Describe the scenario that your digital breakout will address. Who are the characters? Where is it located? What is the background? Make sure to engage the young person.

1.3: Cover image

Find an image file reflecting the challenge. Using a royalty free image from websites such as <https://www.pexels.com/> or <https://unsplash.com/> insert an image that relates to the topic of the digital breakout.

2: Challenge pages.

Each challenge page should contain the following elements, a challenge page, a title for the challenge page, a cover image, content in the form of a narrative, a challenge, a congratulatory message, an image, and a reflection section.

Make sure to copy the section below when creating your Digital Breakout.

2.1: Title for the Challenge page

Make sure to name each challenge in order to engage the learner and give them an insight into what the challenge will cover.

2.2: Cover Image

Find an image that describes the scenario. Using a royalty free image from websites such as <https://www.pexels.com/> or <https://unsplash.com/> insert an image that relates to the topic of the digital breakout or specifically to this part of the scenario.

2.3: Content

Develop 1.2: Introduction further. How has the story developed? The learner needs to be presented with challenges for them to overcome. Here you can introduce the scenario that will lead into the challenges.

2.4: Challenge 1

Present the challenge that the learner will face based on the content from 2.3: Content. The learner needs to answer the question(s) correctly to progress in the Digital Breakout.

2.5 Well Done!

Make sure to congratulate the learner for completing the challenge.

2.5.1: Image

Using a royalty free image from websites such as <https://www.pexels.com/> or <https://unsplash.com/>, chose an image that concludes the learning section for the learner. It should be based on the content from the challenge.

2.6: Reflection

Use this section as an opportunity to engage the learner even further and reinforce the material that they have just seen. Pose a self-reflection style question to make them think about this information in further details.

3: Conclusion & Image

How does your initial story end? Make sure the learners have been brought on a journey and they know that there is an ending to this section of the story.

3.1: Final Reflection

This is the final opportunity for the learner to use the knowledge that they have learned in the Digital Breakout. Do not present new information, make them aware of all the information that they have learned.

Annex 3 – Template for a Quiz

The interactive quizzes can be built on KAHOOT or Google Forms. For our ‘how-to’ video, we have chosen to develop our quiz using Google Forms. To ensure that the Quiz remains visually appealing and attractive to users, it is advised that a range of true/false, multiple choice and open answer questions are used. To ensure that the Quiz is also a learning opportunity for participants, at the end of the quiz, learners should be presented with the results of their score, to encourage learners to interact with the materials.

When creating the Quiz, the following outline can be followed:

Welcome to the <insert topic of the Interactive Infographic> Quiz!

1.2 <Insert motivational quote prior to commencing>

The aim of the quiz is to ensure learners are engaged and encouraged to complete the quiz and assess what they have learned. Try to encourage and motivate participants who may be unwilling to complete the assessment.

1.3 <Image relating to the title of the quiz>

Using a royalty free image from websites such as <https://www.pexels.com/> or <https://unsplash.com/> insert an image that relates to the topic of the quiz.

2.1 Question <replace with number, 1 / 2 / 3 etc.>

Question 1:

Q: <Insert Question Here>

A: <Insert Answer Here>

B: <Insert Answer Here>

C: <Insert Answer Here>

D: <Insert Answer Here>

2.2 Correct answer:

<Insert Correct Answer here>

2.3 <Image related to the answer >

Using a royalty free image from websites such as <https://www.pexels.com/> or https://unsplash.com try to find an image that relates to the answer.

3. Repeat stages 2.1 – 2.3

Repeat stages 2.1 – 2.3 to create 10 unique questions that relate to the theme of the Interactive Infographic.

3.1 Well done!

A final farewell and congratulations should be given to young people for completing the quiz.

Annex 4 – Template for a Call-to-Action Activity

The *Call-to-Action* will be used to demonstrate to young people what they can do individually to act on the topic of the infographic you are developing for them. This practical activity will provide learners with an opportunity to apply themselves and perform a task that is related to the topic of your infographic. Each *Call-to-Action* activity will offer young people the opportunity to assess how to act and what they could do in their personal lives to achieve the outcome of the activity. Each Call-to-Action activity should relate to the specific theme addressed in the Interactive Infographic and should encourage learners to positively reflect on how they can act.

Call-to-Action Activity Template

Interactive Infographic Theme	
Activity Title	
Type of resource	Call to Action Activity
Photograph	<i>Insert a photo that is relevant to the activity to make this resource more appealing for young people to engage with.</i>
Duration of Activity (in minutes)	
Aim of activity	<i>Describe here the value of completing this activity for young people - this section should motivate young people to complete the activity by mentioning the benefits they will achieve</i>
Materials Required for Activity	<i>List here all of the materials and equipment required for young people to complete the activity</i>
Step-by-step instructions	<i>Provide advice for youth workers or facilitators for how they should complete this activity as part of the face-to-face workshop, or for young people to complete this activity on their own</i> <i>Step 1 xxx</i> <i>Step 2 xxx</i>
Template	<i>If desired, provide a template that facilitates the activity</i>

NO MORE FEAR OF MISSING OUT

Positive mental health for GEN Z
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