



Future Designs for Digital Wellness

Lesson Plan



ZONE: Creativity Zone

AGE: 11-14

EQUIPMENT : Access to the internet and a computer, Figma account, Krea.ai, computers, Templates, iPad

MODULE : 6h

DESCRIPTION:

This session explores how technology affects our focus and emotions, and how design can support healthier digital habits. Participants will identify a digital wellbeing challenge, map a simple user journey, and sketch an app-based solution using creative and AI-powered tools.

DESIGN CHALLENGE:

Participants identify a real digital wellbeing problem and design a simple solution to address it. They will define the pain point, map a short user journey, and create an app concept that supports healthier digital habits, using sketches and AI-generated visuals to bring their idea to life.

LEARNING OBJECTIVES:

By the end of this session, participants will:

- Understand digital wellbeing and recognize how technology can positively and negatively affect focus, emotions, and daily habits.
- Learn how to develop an app idea by identifying a real digital problem (pain point) and turning it into a simple solution.
- Explore basic digital design tools, including creating simple app layouts in Figma and generating visual elements using Krea.ai.

| DURATION | ACTIVITY | MATERIALS |
|----------|---|-------------------------------|
| 15 mins | <ul style="list-style-type: none">• Participants arrive.• Filling of the knowledge assessment. | Projector/Screen Computers |
| 25 mins | <ul style="list-style-type: none">• Introduction to Studio 5• Overview of the topic: Understanding Digital Wellbeing• Overview of a series of case studies related to the topic | Projector/Screen |
| 20 mins | <ul style="list-style-type: none">• Inspirational talk by an expert (Sync Team - Optional). | |
| 1h | <ul style="list-style-type: none">• Distribution of the paper sheet for Exercise 1• Participants start defining their idea with the given templates:<ol style="list-style-type: none">1. Create a Simple User Scenario2. Define you USP | Template to fill |

| DURATION | ACTIVITY | MATERIALS |
|--------------------------|--|---|
| 15 mins | <ul style="list-style-type: none">• Participants arrive.• Recap of the previous session• Ice-break video | Projector/Screen Computers |
| 15 mins 1h 20 mins | <ul style="list-style-type: none">• Introduction to Sketching and the meaning of Wireframe• Distribution of the paper sheet for Exercise 2• Participants start drawing their screens on paper:<ol style="list-style-type: none">1. Challenge: create at least 2 screens2. They can use the computer to research and define better the idea.- Participants will identify the most important features and write them down on the paper. | Projector/Screen Template to fill Computers |
| 10 mins | <ul style="list-style-type: none">• Setup of the Figma and Krea.ai accounts | Computers |

| DURATION | ACTIVITY | MATERIALS |
|-----------|---|---|
| 20 mins | <ul style="list-style-type: none"> • Participants arrive. • Recap of the previous session • Review of previous session results • Login into the Figma account | Projector/Screen Computers Template from previous session |
| 1h 30mins | <ul style="list-style-type: none"> • Generation of some screens idea, moodboards, buttons • Introduction to Figma: <ul style="list-style-type: none"> - How to add a screen and select the right format - How to add images - How to create shapes and change fill, stroke, dimension - How to import icons • Participants import the generated images with Krea.ai and start working on the design of the screens. • Add interactivity between the two screens. | Projector/Screen Computers Template from previous session |
| 10 mins | <ul style="list-style-type: none"> • Assessment after the training | iPad |



Thank You