

DIGITAL MANDALA

Theme	Digital competences, self care
Target Group (Group Size, Participants Profile)	Caregivers, people with mental and physical disabilities, any age group, any group size
Duration	15 minutes
Learning Objectives	<ul style="list-style-type: none">- Developing phone awareness- Dismantling the technology-related stigma- Demonstrating that the phones are not so dangerous, and they can be used in fun and recreational ways, without being threatening
Preparation	Download the Mandala making app on the phones of the participants
Materials	Smartphones, internet connection, Google Play/App Store
Flow / Description	This is an easy drawing game to play through mandala therapy, suitable for any age group or disability type. The objective of this game is to create a moment of relaxation, decouple from the stress accumulated over the day, be creative while also learning how to use the phone and get used to the technology behind it.
Debriefing / Reflection	<p>Debriefing is not obligatory, but you can ask the user questions about their mandala:</p> <ul style="list-style-type: none">- How did they feel during the mandala making?- Did they enjoy it?- Did they had any problems while using the phone?- Do they want to make a daily habit out of it?- Do they think it was useful?- Any other related question
Thematic / Theoretical Input	<p>https://play.google.com/store/apps/details?id=com.aw.mandalaapp&gl=TR</p> <p>https://play.google.com/store/apps/details?id=app.bhupesh.mandalamaker360&gl=TR</p> <p>https://apps.apple.com/tr/app/doodle-magic-%C3%A7ekmek-tahta/id1195301052?l=tr</p>

Evaluation	Not necessary
Hints/Additional Info for Trainers	