


Google Keep, for the Super-Hero in you

Theme	Beginner Digital Skills, Self-perception & Self-Esteem
Target Group <i>(Group Size, Participants Profile)</i>	<p>The tool is designed to be played individually but results can be compared at the end.</p> <p>Age: no age limit (3 and up)</p> <p>Ideally: light mental disability and over.</p> <p>Members should be able to use their hands to paint, or can get help from a friend</p>
Duration	Between 15 minutes to 30 minutes
Learning Objectives	<ul style="list-style-type: none"> - Boosting self-confidence and self-esteem - Reframing your own identity <p>As well as:</p> <ul style="list-style-type: none"> - Writing and drawing on smartphone - Making an internet connection - Downloading an app
Preparation	<p>Not much preparation needed. The game needs a quiet room with no interruptions, ideally chairs for everyone to sit comfortably.</p> <p>IF participants don't have internet connection, it will need to be provided by facilitator.</p>
Materials	<p>Each participant needs a smartphone, or else the tool cannot be implemented.</p> <p>Internet connection</p>
Flow / Description	<p>Instructions:</p> <div style="display: flex; align-items: flex-start;"> <div style="flex: 1;">  </div> <div style="flex: 2;"> <ul style="list-style-type: none"> - Download the Google Keep app from the Google Play store (it is free) - Open the app, and press the Brush symbol on the bottom of the screen. - Sit for a few minutes and imagine yourself as the Super-Hero you want to be. Then, draw this Super-Hero. <p>- After you have finished drawing, open another Google Keep note, and answer these questions:</p> <ul style="list-style-type: none"> • What are my superpowers? • What have I accomplished with my superpowers? • What are my values? • What gives me strength and motivation? • I have had difficult moments. What did I learn from them? • What is my weakness, which prevents me from being better? • How do people describe me? </div> </div>

Debriefing / Reflection	<p>The main idea of this tool is to reframe your reality. To make progress in life you need to understand your strengths and weaknesses, how your own perception of yourself can mislead you and push you off your path, and how you have hidden strengths in places you like to ignore.</p> <p>Make a circle and discuss the activity:</p> <ul style="list-style-type: none"> - Did you feel any different in the role of a superhero? - Did you feel you have any responsibility towards yourself and others? - Did you find unusual answers you normally don't think about? - Do you feel you usually ignore your accomplishments? - Do you like to admit your weaknesses? - How easily do you get over difficult moments? - Do you like yourself as a Super-Hero? Will you be a Super-Hero tomorrow? - Etc.
Thematic / Theoretical Input	<p>During our daily life, rushing stressing and panicking, we forget to have a look at our inner-self. Our self-esteem is directly affected by our ambitions and subjective view of ourselves. Am I successful or am I a failure? Low self-esteem is related with depression and stress. Diving into our-self, recognizing the positive and negative aspects of our-self, we can set targets and changes for personal development.</p>
Evaluation	<p>Evaluation is included in the Reflection</p>
Hints/Additional Info for Trainers	<p>If you have a person who has done this activity before, compare their old Super-Hero persona to the new Super-Hero persona.</p>