Activity #4: The Happiest Team Tech Balance Challenge

Activity Objective

This activity' goal is for participants to reflect on their tech habits and burnout signs, then create actionable strategies to balance technology use and avoid burnout.

Activity Outline

Participants will work in groups to create a "Happiest Team" board with tech balance strategies. Each team will share their commitments, fostering collaboration and accountability.

Time: 40 **minutes**

Part 1: Team Reflection

Discuss in group the following questions:

- **What is one tech habit you would like to change or improve?** (e.g., reducing screen time, taking more breaks, not using social media before bed)

- **What is one activity or habit you will incorporate into your daily routine to help balance your tech use?** (e.g., going for a walk, practicing mindfulness, setting screen time limits)

Part 2: Create the "Happiest Team" Board

- The **Team Name**: eg. «The Happiest Team»

- The **Team's Commitments**: A list of tech balance and burnout prevention strategies the group agreed on and a commitment sentence.

- Now **Share and Commit**

STAYCONNECTED