

Activities:

- Meditation for Grounding and Breathing exercises
- Letter to the Future Self
- Imagine yourself without access to electronic devices for 24h
- Group Discussion about how authentic we feel when using social media
- How many hours we spend on social media (checking how many hours are written in our phones' settings)

1. Meditation for Grounding and Breathing Exercises

Instructions:

Find a quiet and comfortable place to sit or lie down.

Close your eyes and take a few deep breaths — in through your nose, out through your mouth.

Focus on your breath. Feel the air entering and leaving your body.

Place your feet flat on the floor and imagine roots growing from them into the ground. Feel your connection to the earth.

Continue breathing deeply and slowly for 5–10 minutes, bringing your attention back to your breath each time your mind wanders.

When finished, slowly open your eyes and take a moment to notice how you feel.

2. Letter to the Future Self

Instructions:

Take a sheet of paper or open a blank document.

Write today's date at the top.

Begin with "Dear Future Me," and imagine you are writing to yourself 1 or 5 years from now.

Share your current thoughts, goals, challenges, and dreams.

Include advice, hopes, and words of encouragement for your future self.

When you're done, fold the letter and keep it somewhere safe, or use an online service to send it to yourself at a future date.

3. Imagine Yourself Without Access to Electronic Devices for 24 Hours

Instructions:

Close your eyes and imagine a full day without a phone, computer, TV, or internet.

Think about how you would spend your time. What would you do? How would you feel?

Write down a few sentences or make a short list answering:

What activities would you do?

What would be difficult?

What might be refreshing or enjoyable?

Be honest and open about your thoughts.

4. Group Discussion: How Authentic Do We Feel on Social Media?

Instructions:

Sit in a circle or small group.

Each person takes turns answering the question:

“How authentic do I feel when I post or interact on social media?”

Listen respectfully when others speak. No interrupting.

Feel free to share:

Do you feel pressure to look a certain way?

Do you show your real self online?

What does authenticity mean to you?

After everyone shares, have an open discussion about the pressures, benefits, and challenges of being online.

5. How Many Hours Do We Spend on Social Media?

Instructions:

Take your phone and go to the settings or screen time section.

Look at the daily or weekly screen time report.

Find the total time spent on social media apps (e.g., Instagram, TikTok, Snapchat).

Write down the number of hours or minutes you spend each day or week.

Reflect:

Were you surprised by the number?

Is it more or less than you expected?

Would you like to change this habit? Why or why not?