

## Training Plan: "Draw Your Own Bag"

**Target group:** Teenagers / students aged 14–19

**Duration:** 90 minutes

**Goal:** To raise awareness about digital addiction and encourage self-reflection and critical thinking through creative expression and collaborative storytelling.

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### Objectives

- Understand what digital addiction is and how it affects everyday life.
  - Promote self-reflection on personal media usage.
  - Use artistic expression as a tool for emotional processing and communication.
  - Foster teamwork and empathy through group storytelling.
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### Materials Needed

- Plain cotton tote bags or paper bags (one per participant)
  - Textile markers, permanent markers, fabric paints
  - Printed prompts about digital addiction (e.g., stats, quotes, questions)
  - Story dice or storytelling cards (optional)
  - Reflection worksheets
  - Projector & screen (for introduction and closing presentations)
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### Training Flow

#### 1. Introduction (15 min)

- **Icebreaker:** "Digital Footprint Bingo" – quick activity identifying personal habits online.
  - **Short Presentation:** Key facts about digital addiction: symptoms, causes, consequences (use visuals).
  - **Discussion Prompt:** "What does digital addiction look like in daily life?"
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#### 2. Hands-On Activity: Draw Your Own Bag (30 min)

- Each participant receives a blank bag and is asked to **illustrate a message** about digital addiction.
  - Side A: A personal message or visual about *how digital addiction affects people*.
  - Side B: A hopeful or positive message about *how to reconnect with real life*.

- Printed prompts can be placed on tables for inspiration:
    - “What does being ‘digitally free’ look like?”
    - “Draw what you miss when you're always online.”
    - “What advice would you give your future self?”
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### 3. Collaborative Storytelling (25 min)

- In small groups (4–5 participants), students share the meaning behind their drawings.
  - Each group uses parts of their individual bag stories to build a **short collective story** (e.g., a skit, poem, or visual storyboard).
  - The story must include:
    - A character with a digital addiction problem
    - A turning point
    - A resolution and reflection
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### 4. Presentations & Reflection (15 min)

- Each group presents their story to the whole class.
  - Debriefing questions:
    - What surprised you about others' drawings or stories?
    - How did this activity change your view on digital habits?
    - What small step could you take this week to unplug?
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### Follow-up Ideas

- Display the bags in a public space as a mini-exhibition.
- Create a digital photo gallery of the bags with short participant quotes.
- Host a “Digital Detox Day” challenge.