

Internet & Social Media Addiction

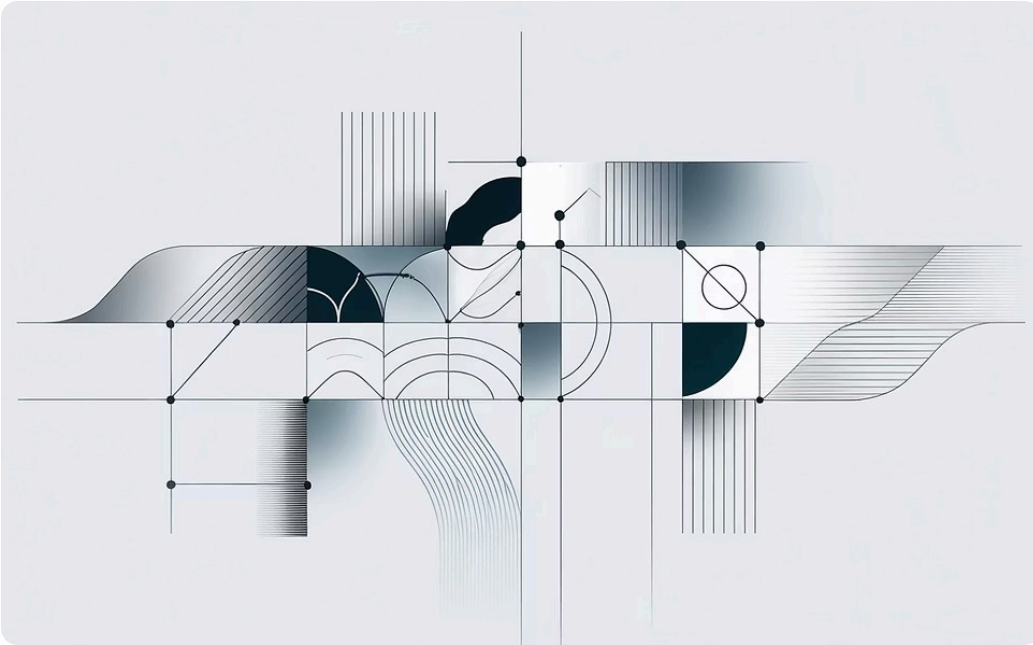
Animation Theatre: Unplug for a Brighter Future

Collaborative
Workshop – Erasmus+
KA220



CIFP César Manrique | November 26-28

Workshop Goals



Understand Patterns

Identify key signs of social media addiction.



Create Theater Scenes

Illustrate digital use patterns and consequences.

Workshop Agenda



Digital Patterns

Understanding Use
Patterns (10 min)



Idea & Rehearsal

Group Work &
Scene Prep (20–
25 min)



Performance & Reflection

Presentations &
Discussion (7–10
min)



Action Plan

Personal Habits
Plan (3–5 min)

Digital Usage Patterns

Understanding these patterns helps identify problematic behaviors and develop strategies.



Casual / Controlled

Moderate, conscious use. User maintains control; life unaffected.



Intensive

Frequent, prolonged use. Affects life areas, but reversible.



Addictive

Compulsive, uncontrolled use. Harms work, relationships, health.



Real-life Examples

✓ Casual

Checks phone on breaks. Sets clear limits.

🕒 Intensive

Hours on social media, delaying tasks. Neglects responsibilities, but can stop.

🚫 Addictive

Wakes for notifications. Grades drop, friendships suffer. Anxious without device.

Themes for Theater Scenarios



The Digital Bubble

Devices create a 'digital bubble', isolating characters from real-life.



Validation Over Reality

Seeking online validation neglects meaningful real-world activities.



Stolen Time

Quick checks turn into 'infinite scroll,' leading to lost time and neglected tasks.

Suggested Roles for 8 Participants



User

Main person using the device.



Device/Notification

Phone/app attracting attention.



Friend/Environment

Real-world person trying to connect.



Clock/Time

Symbolizes lost time.

Suggested Roles for 8 Participants



User

Main person using the device.



Friend/Environment

Real-world person trying to connect.



Validation/Likes

Online approval or "likes."



Digital Bubble

Represents digital isolation.



Narrator/Reflection

Provides commentary or reflects on actions.



Moderator/Intervention

Steps in to guide or interrupt.

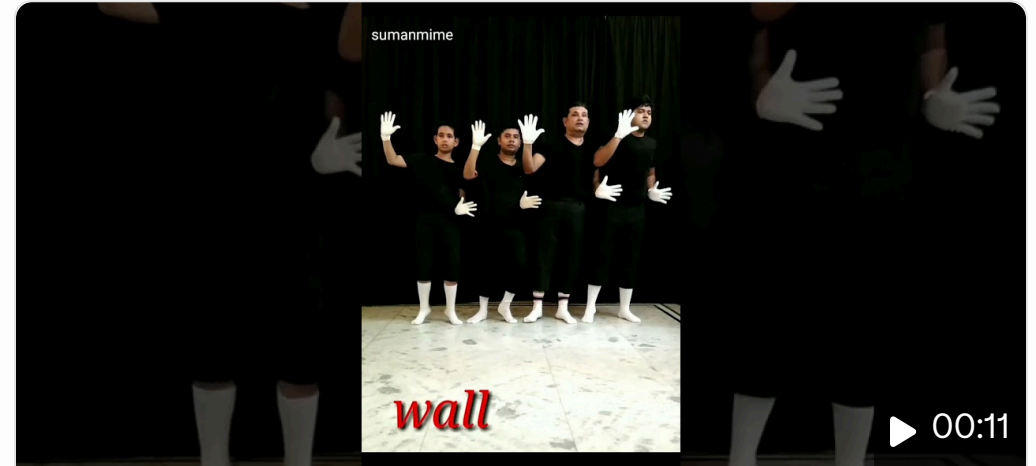
Tips for Animated Theater

Visible & Memorable Symbols

Use key visuals like digital bubbles or giant clocks to convey ideas.

Movement & Space

Characters should utilize all available space, levels, and proximity to emphasize dramatic intent.



YouTube



Mime #mime #shorts #youtubeshorts ...

Mime #shorts #youtubeshorts #mime #mimo
#funnyvideo #funnymime #mimeartist...

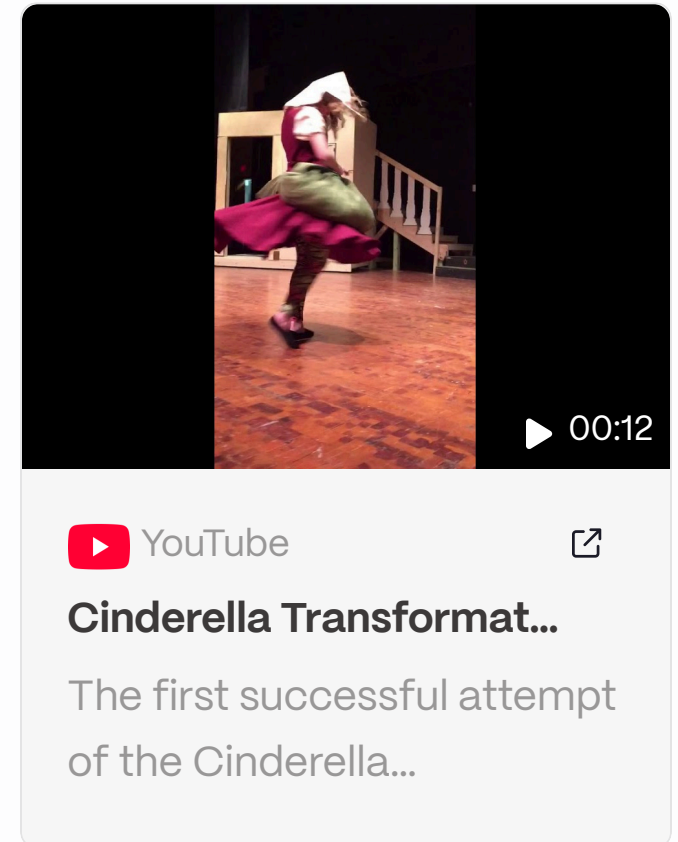
Tips for Animated Theater (continued)

Keep Scenes Short

Focus on strong visual action; limit dialogue.

Create Key Moments

Emphasize important actions or revelations with distinct visual or auditory cues.



📌 Animated theater thrives on visuals and action!

Required Materials



Mobile Devices/Tablets

For social media simulation.



Chairs and Tables

To arrange stage space & settings.



Cardstock, Markers, Paper

For visual props & symbolic elements.

Required Materials (continued)



Printed Templates

Scripts, idea sheets, and action plans.



Timer/Smartphone

To monitor rehearsal & presentation time.



Optional Props

E.g., clock, "like" cards, masks/costumes.

Group Instructions



Choose Topic & Pattern

Select topic & pattern.



Assign 8 Roles

Assign 8 roles.



Adapt Basic Script

Define characters, symbol, B/C/E.



Select Visual Idea

Choose visual elements & staging.



Rehearse Scene

Practice for timing, clarity, and impact.