

### Workshop Agenda

#### 1. „The Flashlight of Attention“ (10 min)

This activity symbolically transforms the phone from a "master" into a "tool" and visually demonstrates the power of human attention.

- Duration: 10 minutes
- Materials: Participants' own phones (which are already in a pile in the center from the first activity).

#### Procedure:

- Instruction: "Pick up your phone, but do not unlock it. Don't check who messaged you. Just hold it in your hand."
- Turning on the light: "Now, without unlocking the screen, turn on the flashlight. Turn the phone so the light points upwards."
- Creating a pillar of light: All participants stand close together in a small circle and extend their arms with the phones into the center so that the lights meet at a single point (creating a strong pillar of light aiming at the ceiling).

#### Metaphor (The trainer speaks into the silence):

"This light represents your attention. It is the most valuable thing you possess. Every day, you only have a limited amount of battery."

"When we are on social media, we scatter this light into the void."

#### Change of direction (SEL moment):

- Instruction: "Now slowly lower your hands and aim the light at the feet of the person standing to your right." (A circle of light is formed on the floor).
- "Now slowly raise the light up until you illuminate the face of the person next to you (not directly into their eyes, but on their chest/shoulders)."

#### Sharing the commitment:

While shining the light on their neighbor, everyone says one sentence: "I will dedicate my attention to..." (e.g., "...my sister," "...my hobby," "...resting").

Conclusion: "Now turn off the lights. Look at the person next to you in 'real' light. That is the only connection we need."

#### 2. "Emotional Exchange" (10 min)

Objective: Quick exchange of experiences and empathetic support (Peer-to-peer).

- **Step 1 (2 min):** Each participant receives a small card or a post-it. On one side, they write down how much they think they are digitally addicted from 1 to 5 (1 means „not at all“, 5 means „very much“. They will add one negative feeling that they usually cope with by escaping into the online world (e.g., "Boredom," "Fear of the future," "Feeling like I'm not good enough").
- **Step 2 (1 min):** The cards are thrown into a hat or box in the center, shuffled, and everyone draws someone else's card.
- **Step 3 (5 min):** The participant reads the other person's feeling. On the other side of the card, they write one kind message or piece of "offline" advice for the author of that feeling (e.g., "You are good enough just as you are. Go for a walk in the forest.").
- **Step 4 (2 min):** The cards are placed on the table with the text facing up (like a gallery). Participants read them silently (they don't have to look for their own; it is about collective wisdom).