Digital Wellbeing: Workshop activities

A set of activities and facilitator's guides
to help you build for digital wellbeing

About the workshop activities

This set of team activities and facilitator's guides is here when you're ready to start building your product experience for digital wellbeing. It includes 4 activities:

- Reflect on tech use
- Assess your product
- Generate ideas
- Investigate unintended consequences

🧘‍♀️ Get ready: Familiarize yourself with the Digital Wellbeing definition and UX principles. Then jumpstart your creativity with thought starters.

🎻 How to use: Run an end-to-end workshop or choose your own adventure with an activity or 2. They're all optimized for a virtual setting.

G **Digital Wellbeing workshop activities**

Activity 1:
Reflect on tech use

I want my team to get to know each other and shift into a digital wellbeing mindset

Time required: 15–30 minutes
When: At the beginning of a workshop

Start here to host an end-to-end workshop

Activity 2:
Assess your product

I want to evaluate how well my existing product aligns with Digital Wellbeing UX principles

Time required: 60–90 minutes
When: Before or at the beginning of a workshop

Jump in here to evaluate an existing product

Activity 3:
Generate ideas

I want to brainstorm new wellbeing-related products or evolutions of existing products

Time required: 45–90 minutes
When: As part of a larger workshop or a stand-alone session

Jump in here to brainstorm a new product

Activity 4:
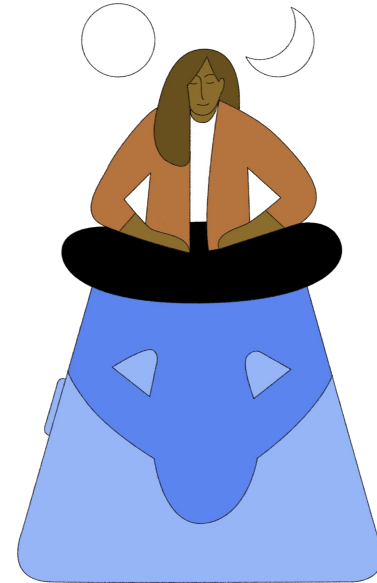## Investigate unintended consequences

I want to consider potential negative impacts of my concept, and turn them into opportunities

Time required: 30–60 minutes
When: During or after your workshop, when your team has generated product concepts

Jump in here to pressure-test a concept

Activity 1:
Reflect on tech use

Activity 1: Reflect on tech use

Kick off a workshop with this **thought-starter** to help team members to **get to know each other** and shift into a **digital wellbeing mindset**

When to use

At the beginning of a workshop

Time required

15–30 minutes

Facilitator's guide

Make a copy of the following slides for your workshop

1. **Set aside 15–30 minutes** (length dependent on group size)

2. **Introduce the exercise and goals**

3. **Reflect individually**
   ○ Take 2–3 minutes for individual reflection

4. **As a team, share and discuss the following prompts:**
   ○ What are your key takeaways from the reflection?
   ○ Did the reflection shift the way you think about tech's influence on your wellbeing?
   ○ How might you bring these insights to your work?

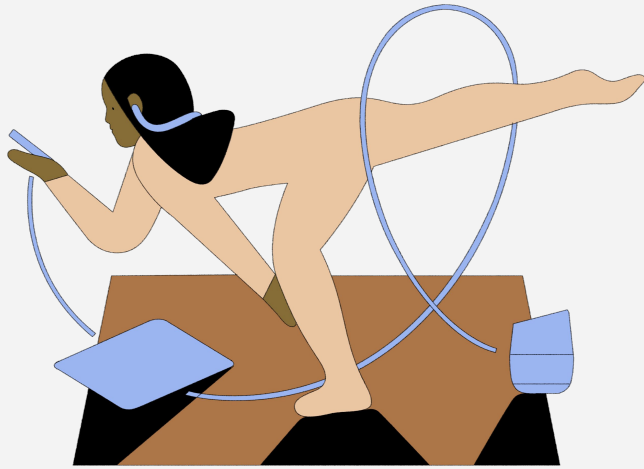5. **Virtual tip: For round the room share outs, use the participant view to call on the next person**
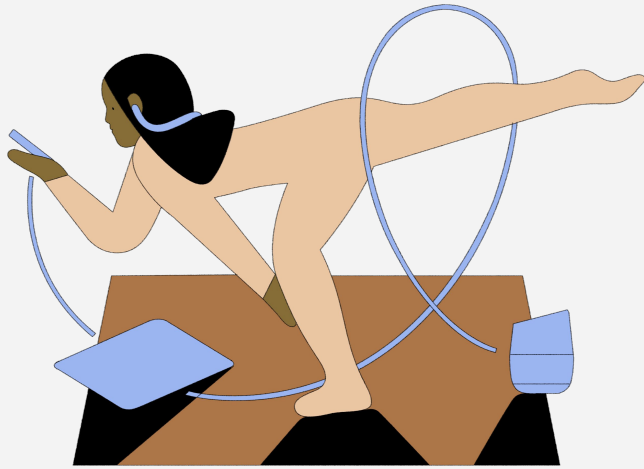
In the past week, recall a time when tech supported and/or hindered your ability to...

REFLECT INDIVIDUALLY

Take 2 minutes for individual reflection. Need a little inspiration? Check out your screen time report on your phone or your most recently used apps.
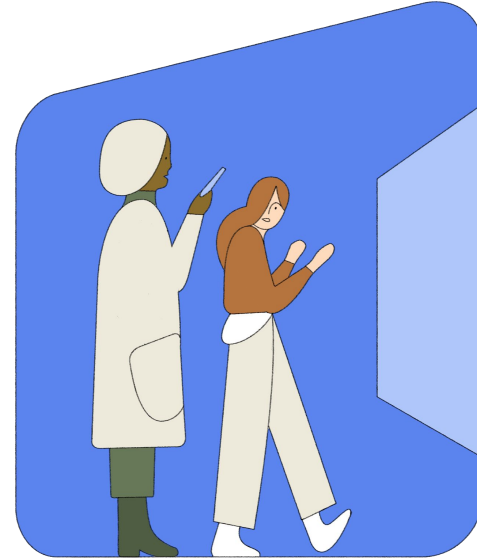
In the past week, recall a time when tech supported and/or hindered your ability to...

SHARE AND DISCUSS

As a team, share key takeaways from your reflection. Did it shift the way you think about tech's influence on your wellbeing? How might you bring these insights to your work?

Activity 2:
Assess your product

Activity 2: Assess your product

Evaluate how well your existing product aligns with **Digital Wellbeing UX principles**

When to use

Before or at the beginning of a workshop

Time required

60–90 minutes

Facilitator's guide

Make a copy of the following slides for your workshop

1. **Get acquainted with the UX principles**
   ○ Consider sending out the principles as a pre-read and recap them when you start the exercise

2. **Consider each UX principle**
   ○ Take ~20 minutes to individually consider each principle (~5 minutes per principle)
   ○ Use the questions on each worksheet as inspiration. *The questions are directional prompts and not an exhaustive checklist.*
   ○ Ask individuals to record their thoughts on the digital post-its provided

3. **As a team, share and discuss**
   ○ Take a few minutes to socialize your findings

4. **Synthesize findings into a report**
   ○ After the activity, summarize the team's thoughts from all worksheets

1: Get acquainted with the UX principles

Read over the principles and review them as a group when you start the exercise

2: Consider each UX principle

Take ~20 minutes to individually consider each principle (~5 minutes per principle).

Use the questions on each worksheet as inspiration. *The questions are directional prompts and not an exhaustive checklist.*

Ask individuals to record their thoughts on the digital post-its provided.

1: Get acquainted with the UX principles

Read over the principles and review them as a group when you start the exercise

2: Consider each UX principle

Take ~20 minutes to individually consider each principle (~5 minutes per principle).

Use the questions on each worksheet as inspiration. *The questions are directional prompts and not an exhaustive checklist.*

Ask individuals to record their thoughts on the digital post-its provided.

Activity 2: Assess your product

How well do we address…?

1. Empowerment
Start with supportive defaults

Consider these questions through the lens of your product:

- Is the onus on the user to configure wellbeing-friendly settings?

- Does your approach to notifications take into account a user's wellbeing?

- Do defaults honor a user's need to sleep, disconnect, focus, etc?

- Are defaults useful for people of all abilities?

- Does your product have defaults that support business goals, users' goals, or both?

The questions are directional prompts and not an exhaustive checklist. Use them for inspiration.

Nailed it

Write here	Write here	Write here	Write here	Write here	Write here
Write here	Write here	Write here	Write here	Write here	Write here

Needs work

Write here	Write here	Write here	Write here	Write here	Write here
Write here	Write here	Write here	Write here	Write here	Write here

Activity 2: Assess your product

How well do we address…?

2. Awareness
Illuminate behaviors and goals

Consider these questions through the lens of your product:

- Are there opportunities for user reflection or evaluation?

- Is there data that can be surfaced to increase awareness? Are insights helpful and motivating?

- Consider the state of mind a user might be in when viewing this data. Would this change your approach?

- Could surfacing this data to users cause any unintended consequences?

The questions are directional prompts and not an exhaustive checklist. Use them for inspiration.

Nailed it

Write here	Write here	Write here	Write here	Write here	Write here
Write here	Write here	Write here	Write here	Write here	Write here

Needs work

Write here	Write here	Write here	Write here	Write here	Write here
Write here	Write here	Write here	Write here	Write here	Write here

Activity 2: Assess your product

How well do we address...?

3. Control
Provide transparent settings

Consider these questions through the lens of your product:

- Are we presenting the right choices to our users?

- Is it clear to users how their information is being used, and what their options are?

- Do we provide alternate settings and controls so that people with different abilities and backgrounds have control?

- How do users learn to control the product's options, features, or settings?

- Are there settings that easily support the need for sleep, focus, and/or presence?

The questions are directional prompts and not an exhaustive checklist. Use them for inspiration.

Nailed it

Write here	Write here	Write here	Write here	Write here	Write here
Write here	Write here	Write here	Write here	Write here	Write here

Needs work

Write here	Write here	Write here	Write here	Write here	Write here
Write here	Write here	Write here	Write here	Write here	Write here

Activity 2: Assess your product

How well do we address...?

4. Adaptability
Build context-aware experiences

Consider these questions through the lens of your product:

- Do we know the user's context and what their goal is?

- Consider the cumulative effects of your product's functionality – how does the product work in conjunction with other likely apps or features?

- Are there experiences that follow the user over time or location?

- Is it possible and easy for the user to achieve their goal?

The questions are directional prompts and not an exhaustive checklist. Use them for inspiration.

Nailed it

Write here	Write here	Write here	Write here	Write here	Write here
Write here	Write here	Write here	Write here	Write here	Write here

Needs work

Write here	Write here	Write here	Write here	Write here	Write here
Write here	Write here	Write here	Write here	Write here	Write here

3: As a team, share and discuss

Take a few minutes to socialize your findings

4: Synthesize findings into a report

After the activity, summarize the team's thoughts from all worksheets

For worksheet, continue to next slide

3: Share and discuss as a team

Take a few minutes to socialize your findings

4: Synthesize findings into a report

After the activity, summarize the team's thoughts from all worksheets

For worksheet, continue to next slide

Synthesized findings

PRINCIPLE 1
Empowerment

Start with supportive defaults

Things we nailed (and why)

- Item one
- And so on

Things that need work (and why)

- Item one
- And so on

PRINCIPLE 2
Awareness

Illuminate behaviors and goals

Things we nailed (and why)

- Item one
- And so on

Things that need work (and why)

- Item one
- And so on

PRINCIPLE 3
Control

Provide transparent settings

Things we nailed (and why)

- Item one
- And so on

Things that need work (and why)

- Item one
- And so on

PRINCIPLE 4
Adaptability
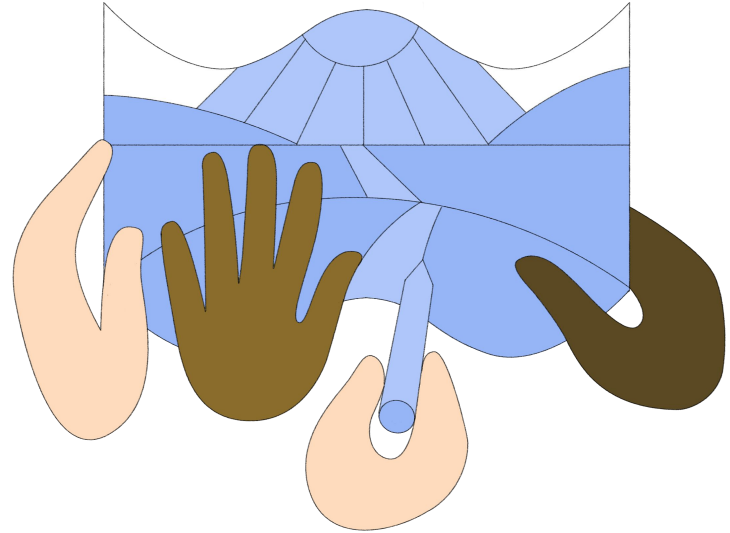
Build context-aware experiences

Things we nailed (and why)

- Item one
- And so on

Things that need work (and why)

- Item one
- And so on

Activity 3:
Generate ideas

Activity 3: Generate ideas

Brainstorm new wellbeing-related products or evolutions of existing products

When to use

As part of a larger workshop or a stand-alone session

Time required

45–90 minutes

Facilitator's guide

Make a copy of the following slides for your workshop

1. **As a team, align on activity goal**
   - Brainstorm new wellbeing-related products
   - *or*
   - Evolve an existing product or proposal

2. **Select relevant thought starters**
   - Facilitator selects specific thought starters

3. **Share and discuss thought starters**
   - As a team or in smaller groups, consider each insight

4. **Brainstorm products**
   - Self-organize into group sizes that make sense for your team

5. **Synthesize and prioritize ideas**
   - Self-organize into group sizes that make sense for your team

1: As a team, align on activity goal

Option 1: Are you brainstorming new wellbeing-related products?

If yes, continue to Step 2

Option 2: Are you evolving an existing product or proposal with a digital wellbeing lens?

If yes, make sure the team is familiar with the product or proposal, then continue to Step 2

2: Select relevant thought starters

Facilitator selects specific thought starters

Facilitator: Before activity, select and copy/paste the most relevant thought starters for the team

1: Align on activity goal as a team

Option 1: Are you brainstorming new wellbeing-related products?

If yes, continue to Step 2

Option 2: Are you evolving an existing product or proposal with a digital wellbeing lens?

If yes, make sure the team is familiar with the product or proposal, then continue to Step 2

2: Select relevant thought starters

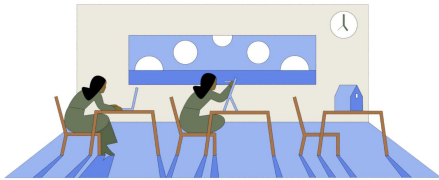**Facilitator selects specific thought starters**

Facilitator: Before activity, select and copy/paste the most relevant thought starters for the team
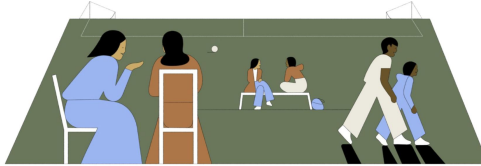
Thought starter activity (3/3)
Which wellbeing theme would you like to focus on?

Based on dot voting, go to the corresponding thought starters to start brainstorming
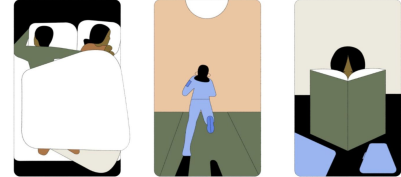
Chapter 1: Intentional use

Chapter 2: Interpersonal connection

Chapter 3: Safe & healthy life

All Digital Wellbeing thought starters

3: Share and discuss thought starters

As a team or in smaller groups, consider each thought starter

4: Brainstorm products

Self-organize into group sizes that make sense for your team

You've got this

5: Share and synthesize ideas

Self-organize into group sizes that make sense for your team

Save your work! If you plan to run Activity 4, you'll use these prioritized ideas.

4: Brainstorm products

Self-organize into group sizes
that make sense for your team

You've got this.

3: Share and discuss thought starters

Consider each thought starter as a team or in smaller groups

4: Brainstorm products

Self-organize into group sizes that make sense for your team

You've got this.

5: Synthesize and prioritize ideas

Self-organize into group sizes that make sense for your team

Save your work! If you plan to run Activity 4, you will use these prioritized ideas.

Activity 4:
Investigate unintended consequences

Activity 4: Investigate unintended consequences

Consider potential negative impacts of your concept, and turn them into opportunities

When to use

During or after your workshop, when your team has generated product concepts

Time required

30–60 minutes

Facilitator's guide

Make a copy of these slides for your workshop

1. **Align on concepts to investigate**
   - Select 1 or more concepts, then make a worksheet copy for each one

2. **Review the thought starters**
   - Make sure you've read the thought starters before this activity

3. **Brainstorm consequences and opportunities**
   - Potential unintended consequences: What could go wrong? Any worst-case scenarios?
   - Opportunities for positive impact: What's an ideal outcome or best-case scenario?

4. **As a team, share and discuss**
   - Are there any patterns? Surprises?
   - What should the team keep in mind as you iterate?

1: Align on concepts to investigate

Select 1 or more product concepts, then make a worksheet copy for each one

2: Review the thought starters

Make sure you've read the thought starters before this activity

3: Brainstorm consequences and opportunities

Potential unintended consequences: What could go wrong? Any worst-case scenarios?

Opportunities for positive impact: What's an ideal outcome or best-case scenario?

Record ideas on the worksheets

1: Align on concepts to investigate

Select 1 or more product concepts, then make a worksheet copy for each one

2: Review the thought starters

Make sure you've read the thought starters for this activity

Safe & Healthy Life

Intentional Use

Interpersonal Connection

3: Brainstorm consequences and opportunities

Potential unintended consequences: What could go wrong? Any worst-case scenarios?

Opportunities for positive impact: What's an ideal outcome or best-case scenario?

Record ideas on the worksheets

1: Align on concepts to investigate

Select 1 or more concepts, then make a worksheet copy for each one

2: Review the thought starters

Make sure you've read the thought starters for this activity

3: Brainstorm consequences and opportunities

Potential unintended consequences: What could go wrong? Any worst-case scenarios?

Opportunities for positive impact: What's an ideal outcome or best-case scenario?

Record ideas on the following worksheets

[Add concept name]

Potential unintended consequences

Write here	Write here	Write here	Write here
Write here	Write here	Write here	Write here
Write here	Write here	Write here	Write here
Write here	Write here	Write here	Write here

Opportunities for positive impact

Write here	Write here	Write here	Write here
Write here	Write here	Write here	Write here
Write here	Write here	Write here	Write here
Write here	Write here	Write here	Write here

4: As a team, share and discuss

Are there any patterns? Surprises?

What should the team keep in mind as you iterate?

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