

Goal: Building more confidence in VR

Session 4

LEARNING OBJECTIVES

- Teens learn strategies for relieving stress and anxiety
- Teens develop digital literacy skills
- Teens gain confidence and experience in user design and collaboration

Teen well-being concepts are noted using the following key:

M = Mental well-being **P** = Physical well-being **E** = Emotional well-being **S** = Spiritual well-being

Software used in this session:

- [Discord](#)
- [Mozilla Hubs](#)

Through scaffolding over multiple sessions teen understanding of VR and how it works, teen co-designers are able to build confidence and practice what they already learned while adding new skills and knowledge. In the fourth session teens have the chance to explore a new VR tool, Mozilla Hubs, and at the same time are able to start thinking about the mental health aspects of the project and how they think about their own well-being. In the fourth session you can re-emphasize the goal of the project: teens will take what they learn about VR to help design a VR experience for others to use as a way to de-stress and build positive well-being.



“We realized that we need to have more time to bond and get to know each other” – *Field Notes*

Reminder:

It is key to have a good demo of the VR tool that will be used. The demo should be concise and provide key elements regarding interface, interactivity, and how to use the platform effectively so everyone is able to contribute without too many technology related barriers.

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ACTIVITY	FACILITATION	TECH	MENTALHEALTH & WELL BEING
Start the meeting	Welcome everyone to the session.	Discord	
Open with the QotD 10 MINS	While building more confidence in VR, this session also is the opening to conversations specifically about mental health and well being. A potential QotD is “What’s a room or space that brings you peace?”	Discord	M E
Review the agenda 5 MINS	Ask if there are any questions as you review the agenda.	Discord	S
Getting ready for Mozilla Hubs 10 MINS	Provide a demo of Mozilla Hubs. Explain that Hubs gives users the chance to create rooms and add objects to it, while interacting with each other in the same virtual space. Also explain that with Hubs teens are able to see each other’s spaces, and give them the chance to discuss what concerns or questions they have about moving into new territory.	Discord	M E S
Mozilla Hubs 20 MINS	Teens will go into small groups of 3 or 4 with a facilitator and explore various aspects of Mozilla Hubs.	VR Headset Mozilla Hubs	M E S
Debrief First Mozilla Hubs Experience 10 MINS	Return to Discord and have a discussion with the teens about what they liked about using Mozilla Hubs, what they didn’t like, and what was different from their previous experiences in VR.	Discord	M E S
Return to Mozilla Hubs 25 MINS	<p>Have teens again go into small groups in Mozilla Hubs and with the facilitator providing support, have them design a space they would like to hangout in with a group of friends.</p> <p>Have the teens explore each other’s rooms after they are completed and talk about what they like about each space.</p>	VR Headset Mozilla Hu	M E S
Closing 5 MINS	Remind the group about the next session.	Discord	

