

Goal: Considering how to Design in VR & How VR Experiences can Support Mental Health & Well-Being

Session 6

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](#)
- [Beat Saber](#)
- [Miro](#) and [Session Example](#)

Now that you have worked with teens over several co-design sessions they have built their confidence in the co-design process, have built relationships with each other and adult facilitators, are familiar with how to engaging in VR spaces, and are beginning to think about mental health and how they incorporate mental health strategies in their daily lives. In this co-design session you will more intentionally bring those pieces together and give teens the chance to have a fun experience in VR and connect that fun experience to mental health. You will also take the first step in bringing together all that teen co-designers have worked on and how that translates into a VR game that supports mental well-being.

Note: Before the session teens will need to be informed that they need space to move around for playing Beat Saber.



“We are normalizing more and more the conversation around Mental Health by bringing it up every time, and doing exercises around it. We will continue to go deeper around the use of VR for Mental Health and designing for their peers.” – *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	In this session you will give teens the chance to start to connect VR and mental health with the QotD. You may ask, "What is the most fun experience you've had in VR?"	Discord	M E
Review the agenda 5 MINS	Ask if there are any questions as you review the agenda and give a big picture overview of where the project has been and what is coming next in the process. Show SPL example road map .	Discord	S
Designing for Improvement 5 MINS	Ask teens in the full group to post sticky notes on the session Miro board in answer to the question, "How would you change Mozilla Hubs to make it easier to design?" Keep in mind that this conversation is a way to help teen co-designers think about what needs to be in place to successfully engage in a VR experience.	Discord Miro	M E S
Beat Saber 20 MINS	Provide a short demo of BeatSaber and explain to teens that they are going to try a new experience as a way to expand their ideas on what can happen in VR, how VR works (interactivity, etc.) and how VR experiences have an impact on emotions, behaviors, etc. Have teens participate in groups of 3 or 4 with a facilitator.	VR Headset Beat Saber	M P E S
Thinking about Self-Care 10 MINS	In the same small groups using the Miro, teen co-designers explore what self-care means. You can tie this into Beat Saber activity by including the idea that playing games such as Best Saber can be a form of self-care. Questions teens will consider as they post their ideas on Miro are: <ul style="list-style-type: none"> • How would you define self-care? • What does self-care mean to you? • What activities support your own self-care? 	Discord Miro	M P E S
Successes and challenges with Beat Saber 10 MINS	Teens will now take their thoughts about self-care and their experience with Beat Saber and other VR environments to start thinking about successful VR experiences. On the Miro they will answer the questions: <ul style="list-style-type: none"> • What makes Beat Saber a successful VR experience? • What was relaxing, physically challenging, and/or strenuous? • Was using Beat Saber good for self-care? 	Discord Miro	M E S

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Designing a self-care focused VR game 10 MINS	<p>After thinking about the success of Beat Saber and how playing the game supports self-care, teen co-designers take on roles as VR designers and work together to design a game focused on self-care. As a group the teens will think about:</p> <ul style="list-style-type: none"> • What the game will look like • What interactions it will include • What setting it would be in <p>Facilitators can encourage teens to think outside of the box as they are designing their game and to consider all they have learned and experienced in VR so far in their ideas and decision-making.</p>	Discord Miro	M E S
Rate it 5 MINS	<p>Continue on the same Miro and ask the group to use sticky dots to rate:</p> <ul style="list-style-type: none"> • The ease or difficulty to learn Beat Saber mechanics • Comfort level with Beat Saber • Ease/difficulty in describing self-care • Ease/difficulty to design a self-care VR game <p>The responses you receive from this rating activity provides some data you can use when working with the VR developers on creating the mental health focused VR experience.</p>	Discord Miro	M E S
What was your game? 10 MINS	<p>Bring the full group back together and give each group the opportunity to talk about the game they created, what they thought and talked about in the design of their game, and how their ideas of self-care and successful VR experiences came into play.</p>	Discord Miro	M E S
Closing 5 MINS	<p>The next step in the co-design process is the design sprint. Talk with the co-designers about this next step - explaining what a design sprint is (a design sprint is a session to find a solution to a question or problem through a set of interactive exercises including sketching and voting) and how it is different than the sessions so far. Remind teens the Design Sprint will take 3 hours but will include time for breaks and snacks provided by the library. Emphasize that design sprints are made to be fun and before they know it the sprint will be over.</p>	Discord	M E S

