## Design Sprint

## Note:

The collaborative design sprint transitions the co-design team from building relationships, learning about VR, and engaging in mental health-based discussions and activities to taking their expanded understandings into a set of activities to solve the challenge, what should our VR experience look like?

The format of the design sprint differs from that of the co-design sessions as it lasts approximately 3 hours and includes a series of scaffolded short activities. Get started with your design sprint planning by reviewing the "What Is a Design Sprint" and "Sample Design Spring" materials at VRtality.org. [See vrtality.org/plan-sessions/what-is-a-design-sprint/ and vrtality.org/plan-sessions/sample-design-sprint/]









