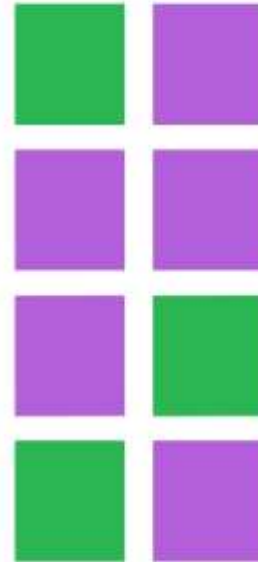# DIGITAL
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Tiny Habits

Part 1

Talking about problems is not very interesting

… so let's talk about solutions

If we cannot change the existence of tech-based challenges, we need to figure out how we can react to them and deal with them

Motivation

Motivation is the/a process that initiates, guides, and maintains goal-oriented behaviors.

Example: I want to live more healthily, so that I have more energy to do the things I care about

Routine

A routine is a series of behaviours frequently repeated.

Example: Before home office days and on Fridays, I take my sports bag to work and go to the fitness studio after work

Habit

A habit is the impulse to do a behavior with little or no conscious thought.

Example: Before I go to bed, I pack my sports bag and put it next to the door [so that I don't forget to take it with me in the morning]

Habit or Routine?

Task:

Please write down as many Motivations, Routines and Habits as you can find in that video

Tiny Habits

Please watch the following two videos on the topic of Tiny Habits, then close the tabs.

https://www.youtube.com/watch?v=AdKUJxjn-R8&t=837s

https://www.youtube.com/watch?v=2L1R7OtJhWs

After this, define Tiny Habits in your own words.

Please develop 5 Tiny Habits following the formula

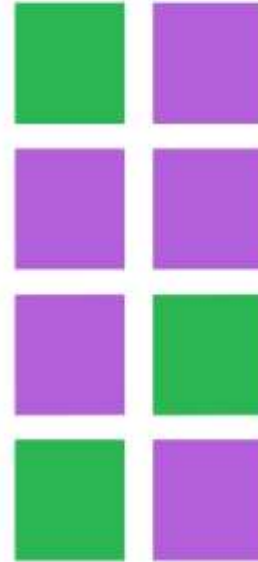"*If X* [part of your daily routine] *happens, I will do Y* [new habit]*.*"

Tiny Habits

Part 2

Can Tiny Habits save humanity?

Pick 3 of the following topics
- Climate Change
- Sexism
- Integration
- Propaganda
- Unrealistic expectations
- Fear of the unfamiliar

Can the 3 topics you picked be solved with
the use of Tiny Habits? Why/Why not?

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Can Tiny Habits save humanity?

Please develop 3 Tiny Habits to address each of the 3 topic you picked, following the format

"If X [part of your daily routine] happens, I will do Y [new habit]."

Can Tiny Habits save humanity?

1) After developing Tiny Habits to address larger structural issues of society, how do you feel about Tiny Habits and the impact they can have?

2) How realistic to do are each of those habits you developed? Why?
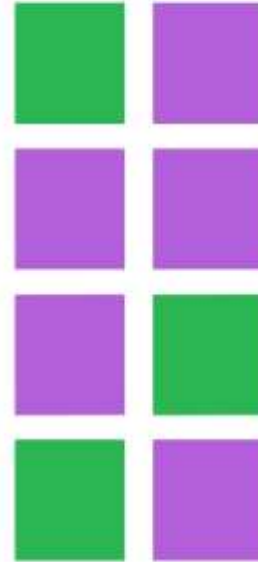
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Tiny Habits

Part 3

Tiny Tech Habits

- Fake News
- Recognising DeepFakes
- Avoiding Clickbait

1) Which of those three aspects of online life is it easiest to develop Tiny Habits for, for which one the hardest?

2) Please develop 2 Tiny Habits for each of the aspects

Mental Health Habits

- Critical Thinking
- Avoiding Doomscrolling
- Empathy/Compassion online

3) Which of those three aspects is it easiest to develop Tiny Habits for, for which one the hardest?

4) Please develop at least 2 Tiny Habits for each of the aspects

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Tiny Habits for Digital 4 All

Which of the habits you developed over the course of this Module are the most practical for you?

Please describe how you will, or at least could, implement them in your life?
What makes them different from the other habits you developed?

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Tiny Habits for Digital 4 All

After completing this Module, do you think that Tiny Habits can be an effective tool to promote online literacy and address the needs of young migrants?

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