Tiny Habits III – Development of Tiny Tech Habits for young Migrants

Aim: To connect the work and reflection previously done on Tiny Habits with topics of digital literacy and -wellbeing

Key Topics: Tiny Habits, Reflection, Digital Literacy, Wellbeing

Tiny Tech Habits

- Fake News
- Recognising DeepFakes
- Avoiding Clickbait

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

Objective: *To have a first reaction to the idea of trying to solve topics of digital literacy with Tiny Habits*

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

Objective: *To adjust their Tiny Habits and approach to creating them to online topics*

- Critical Thinking
- Avoiding Doomscrolling
- Empathy/Compassion online

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

Objective: *To reflect on Tiny Habits in the context of wellbeing and digital well being*

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

Objective: *To adjust their Tiny Habits and approach to creating them to topics of well-being*

E) 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?

Objective: *To reflect on Tiny Habits in the context of their own life and circumstances*

F) 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?

Objective: *to reflect on the Module and on the usefulness of Tiny Habits in general*