



The Digital Heroes

Extra Activities Appendix



Topic	Suggested Activities
Self-control and self-regulation	<p>Activity 1: Stations in the path of Digital Heroes. Create stations depicting various online scenarios, requiring students to make decisions as they go through them.</p>
	<p>Activity 2: Display two images: one with a suspicious link and the other with a trusted website. Students must decide what to click on using the power of the "Pause Button."</p>
	<p>Activity 3: The Pause Button Address the students, saying: "Imagine you have a Pause Button. What would you do with it if you faced the following scenarios?"</p> <p>Scenario 1: You see a shiny new game link online but are unsure of its source. Answer: I press the Pause Button and ask a trusted adult if it is safe before clicking.</p> <p>Scenario 2: You have been watching videos for a long time, and your eyes feel tired. Answer: I press the Pause Button to take a break and recharge by playing outside or doing something fun away from the internet.</p> <p>Scenario 3: You are about to send a message to a friend. Answer: I press the Pause Button and ask myself: "Is this message kind? Will it make my friend feel good?"</p>

Topic	Suggested Activities
Empathy during online interactions	<p>Activity 1: Your Kindness Cloak Distribute a cloak (or robe) to the students and ask them to decorate it with kind words or images that show how they can be empathetic online. For example, they can write words like "Respect," "Kindness," and "Helping Others" on their cloaks. After they finish writing the words on the cloaks, each student can share their cloak with their classmates.</p>
	<p>Activity 2: The Empathy Station Create a scenario where someone posts a negative comment. Students must wear their "Kindness Cloak" and choose a kind response.</p>
	<p>Activity 3: The Kindness Garden Step 1: Setting Up the Garden Base Use green construction paper to cut out grass, stems, and leaves. Step 2: Creating Kindness Flowers Ask the students to cut out flower shapes using colored construction paper or use a pre-made flower template. Step 3: Writing Acts of Kindness Ask each student to write or draw an act of kindness they can do online (such as "Say something kind," "Help a friend," "Share politely"). Step 4: Building the Garden Glue or attach each flower to a bulletin board or large poster to create a "Kindness Garden." Add leaves with messages like: "Be Kind," "Help Others," "Think Before You Post." Encourage students to create a "Kindness Plant" at home with their families. They can add a new flower or leaf each time they perform an act of kindness.</p>

Topic	Suggested Activities
Identify trusted adults	<p>Activity 1: Trusted Adult Heroes Card</p> <p>Ask the students to write down the names and contact information of trusted adults. These could include parents, teachers, family friends, or social workers. Please encourage them to review the list with their families so they know who to turn to when they need help online.</p> <p>Include questions such as:</p> <ul style="list-style-type: none"> • “Who do you talk to when you are scared about something online?” • “What is the best way to ask for help from a trusted adult?” • “What do you do if a stranger sends you a message online?”
	<p>Activity 2: The Help Tree</p> <p>Distribute a tree-shaped board and colored leaves to the students. Ask them to write the names of people they trust (such as parents, teachers, or mentors) on the colored leaves. Have them hang the leaves on the tree and explain how each person can help them. Then, discuss with them when and how they can ask for help.</p>

Topic	Suggested Activities
Identifying cyberbullying	<p>Activity 1: Playing the Digital Shield Role Address the students: "Imagine you can activate a digital shield. What would you do if you faced the following scenarios?"</p> <p>Scenario 1: Imagine a friend is excluded from a group chat or game. Answer: I defend them or tell a trusted adult.</p> <p>Scenario 2: Someone sends you or a friend a hurtful message. Answer: I block the bully and tell a trusted adult.</p> <p>Scenario 3: You see nasty comments about someone in an online game. Answer: I do not participate in the bullying, and I say something kind to the person being targeted.</p>



Thank You



dssp@mcit.gov.qa



www.safespace.qa

