وزارة الاتصـــــالات وتكنولوجيـــــا المعلومـــــات
Ministry of Communications and Information Technology
دولـــة قطـــر • State of Qatar

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Extra Activities Appendix

Topic	Suggested Activities
Managing Time & Priorities	**Activity 1**: **The 24-Hour Challenge** **Objective:** Help students understand how they spend their time. **Activity:** • Give each student a blank 24-hour clock template. • Ask them to fill in how they spend their day (sleeping, school, play, screen time, homework, etc.). • Discuss: Where can they improve? Where can they save time?
	Activity 2: **The Time Puzzle Game** **Objective:** Teach prioritization and time management. **Activity:** • Create task cards (e.g., "Homework," "Gaming," "Sports," "Watching TV"). • Give students a daily schedule template and ask them to arrange the tasks in a balanced way. • Discuss: Which activities are most important? What happens if we spend too much time on one thing?
	Activity 3: The 5-Minute Rule Challenge Objective: Teach time control and focus. **Activity:** • Set a timer for 5 minutes and give students a task (e.g., writing, solving a puzzle). • At the end, ask: Did you focus? Was 5 minutes enough? How did it feel to work with a time limit?

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Self-Control & Regulation	**Activity 1**: **The "Time Pause Button" Game** Objective: Teach self-regulation before reacting. **Activity:** • Show different emotional situations (e.g., "You see a mean comment," "Your game crashes," "Your friend posts something funny but embarrassing about you"). • Have students act out a response, but first, they must press their imaginary "Time Pause" button and think before reacting. **Activity 2: Self-Control Scenarios & Role Play** Objective: Teach handling of frustration. **Activity:** • Read challenging situations (e.g., "Someone sends a rude message"). • Students act out both an impulsive and a thoughtful response. • Discuss: Which response was better? How did it change the situation? **Activity 3: Deep Breathing & Focus Challenge** Objective: Teach patience and focus. **Activity:** • Teach deep breathing techniques (inhaling for 4 seconds, holding for 4, exhaling for 4). • Have students balance a book on their heads while staying still for 1 minute. • Discuss: Why is patience necessary when we're upset or stressed

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Online Identity	**Activity 1: What's Safe to Share?" Sorting Game** Objective: Teach safe online behavior. **Activity:** • Prepare cards with different information (e.g., "First Name," "Home Address," "Favorite Movie," "School Name," "Phone number," "Date of birth"). • Have students sort the cards into "Safe to Share Online" and "Keep Private" categories. • Discuss: Why is keeping personal information private vital? **Activity 2: Digital Footprint Detective** Objective: Teach how actions online leave a trace. **Activity:** • Show an imaginary online profile and ask students to analyze what they can learn about the person from their posts, likes, and comments. • Discuss: How does this person's online identity affect their real-life reputation? **Activity 3: Create Your "Online Avatar"** Objective: Teach identity protection. **Activity:** • Ask students to design an online avatar that represents them without revealing personal details (no real names, locations, or identifying photos). • Discuss: Why is using an avatar safer than sharing accurate personal information?

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Topic	Suggested Activities
Peer Pressure	**Activity 1: The "Yes-No" Confidence Game** Objective: Teach students how to say no. **Activity:** • Read peer pressure situations (e.g., "A friend asks for your gaming password," "A friend dares you to share a classmate's secret online"). • Students respond with a strong "No," using confident body language. • Discuss: How can we say no without feeling guilty or rude? **Activity 2: Secret Signals for Support** Objective: Teach how to seek help when pressured. **Activity:** • Students create a "secret signal" they can use when feeling pressured (e.g., a hand gesture or code word). • Role-play peer pressure situations and have students use their signals to ask for help. **Activity 3: The Wise Advice Circle** Objective: Encourage students to give and receive peer support. **Activity:** • Students sit in a circle and are given peer pressure scenarios. • Each student takes turns offering advice on how to respond to the situation. • Discuss: What advice was most helpful? How does talking about peer pressure help us handle it better?

Thank You

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