

Digital Wellbeing Summer Challenge



Join the Family Online Safety Institute for our Wellbeing Summer Challenge!

This summer, we're excited to invite you on a **four-week adventure** filled with a mix of engaging analogue and digital activities.

Our **Wellbeing Summer Challenge** offers 28 days of activities ranging from arts and outdoor exploration to exciting tech projects and virtual games – there's something for everyone.

We are hopeful that you will create some unforgettable memories, strengthen family bonds, and learn a thing or two about digital wellbeing and wellbeing in general. **Let's get started!**



Learn more at fosi.org

#FOSISummerTechChallenge

Digital Wellbeing Summer Challenge

1

Week 1 – Wellbeing and Mindfulness

Summer months are a great moment to recharge and reset and what better way to do that but to increase your wellbeing and mindfulness? Focusing inwards, defining priorities, being more intentional, and just breathing more purposefully, can all challenge us to be our best selves. Increase your mental resilience by starting off the summer challenge with a focus on wellbeing and mindfulness.

2

Week 2 – Getting Social

We humans are definitely social beings and social interaction can even be seen as a basic need. From caveman times to contemporary times, being social has always played a huge part in our ability to survive and thrive - and the online world is no different. Social media, storytelling, streaming, strolling and sharing, all help us connect.

3

Week 3 – Gaming for Everyone

Play is one of the best connectors out there. It stimulates creativity, collaboration & even the competitive spirit. Playing board games or card games has been a family tradition for generations & now that technology is here, you can bring these activities into the digital environment. No matter what type of activities you engage in, one thing is certain - gaming is for everyone and there is a game for every person!

4

Week 4 – Future Fit

There is so much talk about the future. The future of technology, the future of our planet. So why not join a challenge that helps you elevate your future skills, in online activities, offline activities or both. With the future, even the sky is no limit!!

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Digital Wellbeing Summer Challenge

WEEK 4 – FUTURE FIT

Day

22



Online

DAY 22:



**UNDERSTANDING
AI**

Activity: Intro to Artificial Intelligence

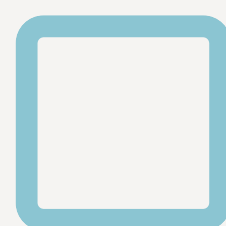
Instructions: Watch an introductory video or documentary about AI and its impact.

Future Prep: Engage in some critical thinking and ask how AI is used in everyday life (e.g., virtual assistants, recommendation algorithms, email). What are the benefits, risks and ethical considerations of AI?

Family Tip: Research one interesting AI application and share it with your family.

Offline

DAY 22:



**UNDERSTANDING
CLIMATE CHANGE**

Activity: Climate Education Day

Instructions: After research, print up interesting fact sheets about climate change.

Future Prep: Talk about the impact of climate change on our communities and planet.

Family Tip: Research one fact about climate change and share it.

Teen Tip: Listen to their voices fully, and don't dismiss their ideas, no matter how ridiculous they may seem. Children are the future and should be listened to.



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Digital Wellbeing Summer Challenge

WEEK 4 – FUTURE FIT

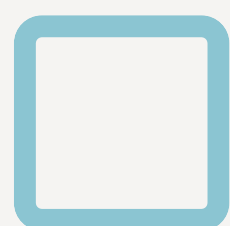
Day

23



Online

DAY 23:



**EXPLORING
GENERATIVE AI**

**Activity: Hands-On
with GenAI Tools**

Instructions: Experiment with tools like ChatGPT or DALL-E and write a story or create some art.

Future Prep: What are the creative potential and limitations of generative AI? What is the wildest thing you can imagine?

Family Tip: Share your creations on social media with friends and family.

Teen Tip: Have them write down every time they feel the urge to go on their devices and don't. And reward them for it!

Offline

DAY 23:



**SUSTAINABLE
LIVING**

**Activity: Intro to
Sustainability**

Instructions: Research a short definition of sustainability that you can explain to family or friends

Future Prep: What are some of the ways that you can try to create a sustainable living? What are the names of companies that are committed to sustainability?

Family Tip: What action can you take in your circle to commit to sustainability?

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Digital Wellbeing Summer Challenge

WEEK 4 – FUTURE FIT

Day

24



Online



DAY 24: ROBOTICS EXPLORATION

Activity: DIY Robotics Project

Instructions: Research online tutorial for a DIY robotics project.

Future Prep: Explore how robots can be used in different settings – manufacturing, healthcare, police work and more.

Family Tip: Discuss the future of robotics. Aside from the catastrophic Hollywood scenarios, what are some of the ideas for future robots?

Offline



DAY 24: REDUCE, REUSE, RECYCLE

Activity: Recycling and Upcycling

Instructions: Take a look at recycling habits and think about how you can improve your recycling system.

Creative Project: Find items that can be upcycled into something new. Perhaps a fun family project would be to transform old jars into planters or to create art from other used materials.

Family Tip: What are your local recycling guidelines? Are you following them correctly?

Teen Tip: Remind them that they should enjoy their summer! Nothing should feel like a chore.

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WEEK 4 – FUTURE FIT

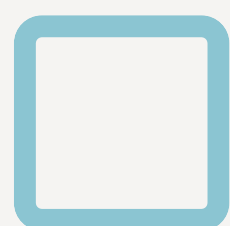
Day

25



Online

DAY 25:



**AUGMENTED
REALITY FUN**

**Activity: AR
Exploration**

Instructions: Use AR apps on your smartphones or tablets to explore augmented reality experiences. You can also search any local AR exhibitions in your community, so that you can get hands-on experience.

Future Prep: Discuss how AR can enhance learning, entertainment, and daily activities. Are there any downsides? If yes, how can we reduce those risks?

Family Tip: Brainstorm and share your best ideas on how AR could be used in future applications.

Offline

DAY 25:



**SUSTAINABLE
FOOD CHOICES**

**Activity: Plant-
Based Meal Day**

Instructions: Plan and prepare a plant-based meal together. (You may need to go online to explore recipes that are vegetarian or vegan, so enjoy the digital aspect guilt-free).

Future Prep: Talk about the benefits of plant-based diets for health and the environment. What else can you do to reduce your reliance on meat by-products?

Family Tip: Plan to incorporate more plant-based meals into your diet either daily or weekly.

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Digital Wellbeing Summer Challenge

WEEK 4 – FUTURE FIT

Day

26



Online

DAY 26:



VIRTUAL REALITY EXPERIENCE

Activity: VR Exploration

Instructions: Research and watch 360-degree videos on YouTube for an immersive experience or take a VR museum tour or city visit.

Future Prep: Discuss the potential of VR in tourism, education, training, and entertainment. Where else can VR be used?

Family Tip: Can you create a VR application that would be a benefit to your family, your community, the world? Dream big!

Offline

DAY 26:



WATER CONSERVATION

Activity: Water Usage Awareness

Instructions: How much water are you using a day? Track your usage for the day and note areas where you can do better, taking shorter showers, turning water off when shaving or brushing teeth.

Future Prep: Water conservation is crucial, and you can also double-team this challenge by checking your water consumption too! Good water habits are healthy habits.

Family Tip: Create a water-saving plan (and water drinking goal) and reduce your water usage – the wasteful usage, of course.

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WEEK 4 – FUTURE FIT

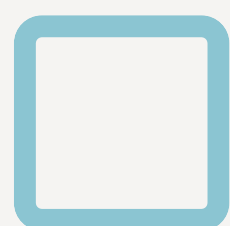
Day

27



Online

DAY 27:



**FUTURE TECH
PREDICTIONS**

Activity: Research Future Technologies

Instructions: For those of you who want to go hardcore into the future, research emerging technologies like quantum computing or blockchain. What are potential impacts on the future? Less hardcore, think about home assistants and smart homes. What are the potential impacts there?

Future Prep: How can these technologies change the world?

Family Tip: Predict how to engage with future technology by critical thinking and responsible use.

Offline

DAY 27:



**COMMUNITY
INVOLVEMENT**

Activity: Local Environmental Initiative

Instructions: Check out local environmental initiatives or organizations (if you need to go online, go for it!)

Future Prep: Choose a local environment initiative to support, like community clean-up, tree planting, or sidewalk sweeping.

Family Tip: Set up a regular small project for your own community or neighborhood. Open up the project to helpers of all ages, so that the entire community is represented.

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Digital Wellbeing Summer Challenge

WEEK 4 – FUTURE FIT

Day

28



Online



DAY 28: REFLECTION & FUTURE PLANNING

Activity: Family Meeting & Goal Setting

Instructions: Reflect on the week's activities. How did it go?

Future Prep: How can you stay informed and adapt to technological advancements? What technologies do you want to continue using? What do you want to reduce using?

Family Tip: Craft simple strategies for your family to stay updated on future tech.

Offline



DAY 28: REFLECTION & FUTURE PLANNING

Activity: Family Meeting & Goal Setting

Instructions: Reflect on the week's activities. How did it go?

Future Prep: How can you stay informed and continue to make sustainable choices?

Family Tip: Set future sustainability goals for your family and plan regular check-ins to track progress.

Teen Tip: Make offline activities more appealing. Whether leaving some books or games around, encourage offline activities, and again reward them. As little kids, we liked getting stickers and stars, but as we get older, you can get more creative.

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Digital Wellbeing Summer Challenge

A big thanks to Dr. Elizabeth Milovidov & her son, Maximilian Milovidov, for partnering with FOSI to create this resource!



Dr. Elizabeth Milovidov is the founder of Digital Parenting Coach.com, a resource for parents and caregivers.

As a lawyer, law professor and child online protection expert with more than 20 years experience, she has advised government and child protection agencies, non-profits and think tanks on public awareness campaigns, research initiatives and public policy strategies related to digital safety, parenting, and wellbeing.

She has also held several key consultancies in Europe for the Council of Europe (Children's Rights and Education divisions), Microsoft EMEA (Digital Safety), European Schoolnet (Online Safety), and e-Enfance/INSAFE (French Helpline).

She is an international speaker on digital parenting and her work has been featured in BBC, France 24, the Wall Street Journal, the Financial Times, and other media outlets focused on child online safety and digital parenting.

Currently, she is Senior Corporate Counsel at the LEGO GROUP, where she provides legal support on implementing and promoting digital child rights, safety, wellbeing and citizenship in parallel with responsible digital engagement with children.



Maximilian Milovidov is a 17-year-old teen online safety advocate. He is an Ambassador to the Children's Commissioner for England, a former Youth Board Member for Childnet and Deputy Editor-in-Chief for the LIL Square at the Lycée International de Londres.

Fluent in French, English, Russian, and Spanish, he serves as a Youth Ambassador for the Diana Award and a Youth Advisor for DigitaLem. Maximilian has been featured on ITV News, Sky News, and the Wall Street Journal. His interests lie in cyberpsychology, human nature, and technology.

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