LEARNING BOX OF UNPLUGGED ACTIVITIES

The Well-being Algorithm

The activity involves creating a personalised system for looking after one's physical and mental health, which operates independently of external factors. Seniors design a 'decision tree' (algorithm) that suggests which activity to choose depending on the weather, pain levels or time. This helps them learn flexibility and a logical approach to building habits, replacing excuses ('it's raining, I won't go for a walk') with ready-made logical solutions.

Target Group

- ☑ Low-skilled adults with low digital competences
- ☑ Low-skilled adults with limited formal education or qualifications
- ☑ Low-skilled adults with low participation in lifelong learning / training opportunities

Learning Objectives

- To create a visual decision-making flowchart (algorithm) to manage their personal activities.
- To learn to properly categorise different exercises based on the specific effect they have on the body.
- To develop the practical ability to quickly "reprogramme" their personal plans when external changes occur.

Competence Areas

a) Innovation Competences

- Creativity
- ☑ Critical thinking
- ☑ Problem solving
- Communication
- Collaboration

b) Information Literacy Competences

Co-funded by the European Union

This project has been co-financed with support from the European Commission's ERASMUS+ programme. This publication reflects only the views of its authors, and neither the European Commission nor SEPIE can be held responsible for any use that may be made of the information contained herein.

Theme

Self-care, habits, adapting to change

Duration

60 - 90 min

Level

Intermediate

Computational Thinking Steps Used

- ☑ Decomposition
- ☑ Pattern recognition
- ☐ Abstraction
- ☑ Algorithmic thinking

Methodological Approach

- ☑ Gamification
- ☑ Challenge-Based Learning
- ☑ Collaborative learning
- ☑ Experiential learning

- Ability to access, understand, and critically analyse information
- ☑ Interpretation of digital and visual content
- Awareness of media influence and biases

c) Life and Career Competences

- ☑ Flexibility and adaptability
- ☑ Initiative and autonomy
- Sociability and intercultural competence
- ☑ Productivity
- Leadership and responsibility

Learning Outcomes

By the end of the activity, participants will be able to:

- create a visual decision-making flowchart (algorithm) for their activities.
- learn to categorise exercises according to their effect on the body.
- develop the ability to quickly 'reprogramme' their plans in response to changes.

Notes

- Materials: Arrows (if/then), activity cards (walks, yoga, crosswords), weather symbols, mood symbols.
- Facilitator Notes: It is important for older people to understand that the algorithm is there to help them, not to restrict them – it must include a 'Rest' option.

Co-funded by the European Union

The Well-being Algorithm

Step 1: Pattern Recognition - Energy Map

Participants are given a chart where they actively mark down the specific times of day when they feel at their personal best.

Participants review their selections to identify recurring, logical patterns within their daily routines

Duration app. 15 minutes

Step 2: Abstraction - Activity Bank

Participants gather their favourite daily activities and separate them into designated groups.

The activities are organized into three specific categories: "For the Body", "For the Mind", and "For Relationships".

Duration app. 15 minutes

Step 3: Algorithmic Thinking – Building a Decision Tree

The group creates conditional instructions together on a shared board to form a logical flowchart.

The exercise establishes a fixed starting point and builds outward using conditional questions.

Starting point: “It is 9:00 am”.

Question 1: “Is it raining?”.

If YES -> I exercise with the TV.

If NO -> I go to the park.

Question 2: “Do my joints ache?”... etc.

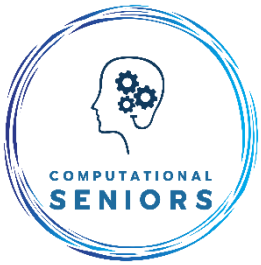
Duration app. 30 minutes

Step 4: Resilience Test

The trainer introduces random external variables into the room by rolling custom dice featuring different weather and mood symbols

Participants must quickly show on their algorithm what they will do in the situation drawn.

Duration app. 10 minutes



Co-funded by
the European Union

Step 5: Reflection

The session concludes with an open group discussion regarding the practical application of the algorithms.

Participants reflect on how establishing a structured "plan B" in the form of a ready-made algorithm helps reduce everyday feelings of stress and personal guilt.

Duration app. 10 minutes.

The Well-being Algorithm