

Step 1 – Structure of the curriculum; Identify topics and provide a structure for the curriculum

Step 2 – Develop the different sections and lesson plans

Step 3 – Game Design – Elaboration of the story board

Step 4 – Develop the AR platform

Step 5 – Prepare Game

Step 1 - The Curriculum

Topics;

1. The reasons behind constant online use [*EMPHASYS*]
 - General lifestyle; parents and peers behaviour modelling.
 - Structural characteristics of online activities; addictive formulas of Internet applications.
 - Psychological constitution of the individual; personality characteristics (e.g. creativity, imagination may lead adolescents to engage in pleasurable activities, such as using the Internet excessively.
 - Lesson Plan
2. Types of online engagement; passive (monitoring social media, watching videos on Youtube, playing repetitive games and binge watching shows) vs active consumption (playing, communication, content creation, etc.) [*32 School*]
 - Lesson Plan
3. Impact on children's physical, cognitive, social and emotional development: obesity due to sedentary life, poor dietary habits, self-injurious behaviour, anxiety etc. [*AD*]
 - Lesson Plan
4. Strategies towards gaining a balanced life [*AKNOW*]
 - Awareness of media and self
 - Embracing quality media usage
 - Selective single-tasking
 - Carving out times and places to disconnect
 - Nurturing relationships and face to face conversation
 - Cognitive restructuring techniques
 - Lesson Plan

5. Guide for teachers to implement the project in schools: Description of the curriculum, delivery instructions, presentation of the game, inventory of infrastructure, configuration instructions, user instructions. *[AKNOW]*
 - Lesson Plan: Co-creation