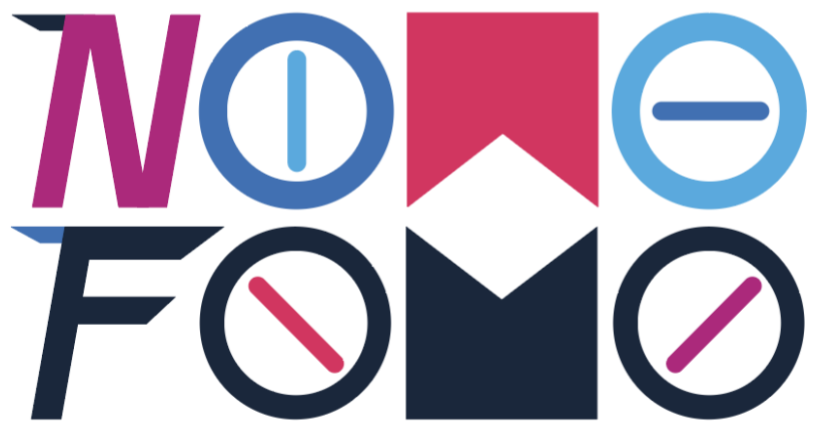




FOMO or ROMO
Call to Action



Positive mental health for GEN Z
NO MORE Fear Of Missing Out



FOMO or ROMO		
How much FOMO do you have?		
Call to Action Activity		
30 minutes	Learning Outcome	<p>People to understand the impact of ROMO on young people after the COVID-19 pandemic.</p>
<p><i>When young people miss out on something (events, parties, games, etc), you can start to think "They must not like me" or "They're excluding me." This activity will show that everyone is afraid of missing out, as it is a universal reality. Everyone is missing out all of the time. What really matters is not what you're missing out on (which is almost everything), but what you are doing. In this way they can see which is your level of FOMO</i></p>		
<p>Cell Phones/Computers. Projector & Screen. Questions in Text: Game Informations Game Link: Share Link Game QR CODE:</p>		





Explain the following activity to the group:

1. First you explain that you have 10 questions with 4 possible answers each. Those 4 possible answers have 4 different points (5 points, 10 points, 15 points & 20 points).
2. Everyone is going to have to choose their answers for the 10 questions, without knowing how many points each one values. The questions are gonna appear on the screen and everyone has 10 seconds to answer until the last one.
3. So the results will be separated in 4 different status:

50 points
55-100 Points
100-150 Points
150-200 Points
4. After the results, create a discussion about the results.

NO MORE FOMO

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