Lesson title / subject – v1:

MaFEA – Making Future Education Accessible
PR3 - EDUCATIONAL LEARNING PATHS

Technology tools:	Define hardware and software
Tool version:	
Date:	
College:	Name of the school and country
Author (optional):	
Subject of the lesson(s):	Pre-defined tags

Lesson title/subject: …

Intention: What do you wish for or hope to happen? (Intentions are often not measurable or tangible, but help you in developing the design process.)
1. to introduce our students to Virtual Reality 2. that our students take an active role in the lesson's activity 3. that our students' mental wellbeing improves

Desired Outcomes: One or more measurable and tangible goals the teacher aims for with this lesson/these lessons.
1. That the students respond positively to the lesson's activity 2. That the students are engaged enough that they want to take part in another activity

Agenda: HOW are you going to reach the goals? Description of the lesson plan / educational activities / working methods.
1. Students come to the classroom. The teachers ask the students what they do in times of stress. They write their suggestions on a whiteboard. 2. The teachers ask if anyone knows anything about VR. 3. The teachers explain that the students are going to take part in a VR activity to relieve some stress. 4. The students get a VR set and they listen to the instructions of how to get to the TRIPP app. The app requests the user to fill in how they feel at the moment. The teachers ask the students to tell them what they filled in. 5. The students take part in the activity. The teachers walk around and let the students engage in the meditation. 6. After the students are finished, they have to grade how they feel again. They share this with the group. 7. The group has a discussion about their experience, pros and cons and they say if they would like to take part in such an activity again.

Roles: Who facilitates what? Who participates? What do we expect of the students?
1. Teacher A -> instructs, leads the lesson 2. (Teacher B -> instructs, leads the lesson) 3. Students -> take part in the class activity, behave carefully with the equipment

Rules: Rules or principles are about how you want to learn and work together.
1. Open atmosphere -> everybody can share his/her experience with the class. 2. Have respect for everybody that is taking part in the activity. Be quiet and let everyone experience the process 3. Be careful with the equipment

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Time: Describe the time path: What time do we start / finish / break? When is the time for reflection? What happens between contact times?

1. (5 min) start the lesson
2. (10 min) The teachers ask the students what they do in times of stress. They write their suggestions on a whiteboard.
3. (5 min) The teachers ask if anyone knows anything about VR.
4. (5 min) The teachers explain that the students are going to take part in a VR activity to relieve some stress.
5. (10 min) The students get a VR set and they listen to the instructions of how to get to the TRIPP app. The app requests the user to fill in how they feel at the moment. The teachers ask the students to tell them what they filled in.
6. (20 min) The students take part in the activity. The teachers walk around and let the students engage in the meditation.
7. (5 min) After the students are finished, they have to grade how they feel again. They share this with the group.
8. (10 min) The group has a discussion about their experience, pros and cons and they say if they would like to take part in such an activity again.

➔ Approximately +- 70 min.