

A Chill-out zone in your Orange Lab – an hour just for you

Meetings and workshops we take part in, whatever their level of intensity, usually aim to teach us something new. But it's worth asking yourself: have we learnt how to rest efficiently? During this one-hour meeting we are going to slow down, focus on relaxing (non) activities, and – with the use of VR – be transported to an entirely different world for a moment.



OBJECTIVES

The participant:

- knows the capabilities of VR technology in contexts other than entertainment or education,
- can create a simple graphic with the use of an easy internet tool,
- is attentive to their own emotions and needs, can name and experience these,
- understands and recognizes their need to rest,
- knows at least two effective ways to relax,
- socializes with the other members of the group,
- enhances their sense of belonging to the local community.



EQUIPMENT AND MATERIALS

- metaphorical associative cards such as Dixit,
- computers or tablets (one per 2-3 people) with internet access, a printer
- two VR headsets with the Liminal app installed,
- projector or multimedia whiteboard (optionally),
- colour pencils, pens, markers – the more and the more diverse, the better!
- any gadgets or decorations that can help temporarily transform your Orange Lab into a chill-out zone, such as soft cushions and blankets, an essential oil diffuser, or calm and relaxing music and a loudspeaker.



AGE

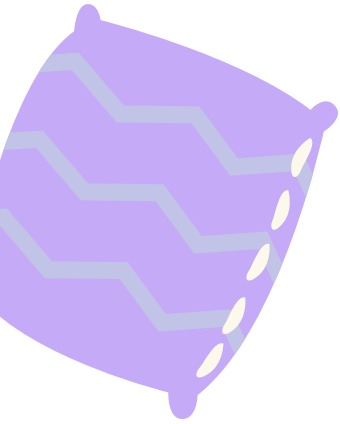
18+

DURATION

60–80 minutes

NUMBER OF PARTICIPANTS

12



SPACE

For this meeting, it is especially important to prepare the workspace. To ensure smooth and efficient progress, it is worth to include logistic in the prep. You will need a comfortable space for groupwork, preferably close to the computers, where the participants will create their own colouring patterns and then colour them in. This is where you can place other chillout gadgets, such as an essential oil diffuser or a loudspeaker and a source of relaxing music. Apart from this shared creative zone, it is worth preparing two separate stations for the VR headsets. Ideally these would be separate rooms, but several square metres of free space in the room will do. Given the experience provided by the VR app, you are likely to need comfortable seats for these stations.

APPLICATION

Liminal
<https://www.oculus.com>



scan QR code

While planning the workshop, consider the fact that the free version of Liminal gives you access to four different chillout sessions in each category. For a relaxation workshop, we recommend the category Calm, where you can relax e.g. in a Japanese spa on a rainy day or watching the northern lights while seated next to a crackling fireplace in a snowed-under mountain cabin. To use the selected resources, you need to download these by selecting the category Calm from the start screen, selecting the session you want and clicking the Download button. Once the session downloads, the Download button will be replaced by Play, which starts the session. The free sessions are not fixed and change every week. For this reason, it is important to prepare ahead of the workshop by turning on the app, downloading the sessions you want and doing them yourself. The sessions will always vary in length, and some have several duration options. For the workshop, choose 4- to 6-minute sessions.

Note: This script uses an app for the Oculus Quest 2 headset. If you have another headset, find a similar app.



WORKSHOP


Welcome and introduction

At the start of the workshop, greet the participants and ask them to sit in a circle or around a table. Place the associative cards in the centre (if you don't have a set, they can be downloaded free of charge from [Asmodee Print and Play](#), with a free AsmoConnect account, for which you need an active Google account). Ask the participants to have a close look at the cards and select the one that best corresponds to their current mood (you pick a card too). Take your time – have a good look at the illustrations to find the one that fits best. Once everyone has their card, ask the participants to briefly introduce themselves and, based on the card they selected, to say what emotions they are experiencing and how they are feeling. Are they tired or well-rested? Excited or fed up? Present your card in a similar way and briefly tell the participants about today's workshop.





Introducing the subject

After you bring up relaxation, ask everyone to take part in a simple exercise. Ask them to think about the most effective ways to relax. What do they do in their free time to fully wind down? An interesting and simple tool to make this task more attractive is the Mentimeter. This is an online platform that allows you to do an anonymous poll of the participants in real time and display the results in a visually attractive form. How does it work?



Set up a free account at www.mentimeter.com, log in, click the blue New presentation button, type the title of your presentation and select the kind you want to use (the options are displayed on the right side of the screen under the heading Slide Type). Type your question – such as What are your ways to wind down? in the Your question field. Once the slide is ready, click the blue Present button in the top right corner of the screen. This generates the access code for the participants to be able to access the poll.

To take part in the poll, the participants go to www.menti.com and type in the code you provided. This enables them to give their answers, and after they click Submit, these will show on your screen. You can use the projector or a large screen for all participants to watch their answers appear in real time. The WordCloud option is particularly interesting – it arranges the answers in a word cloud, where recurring answers will show in a larger font than the unique ones.



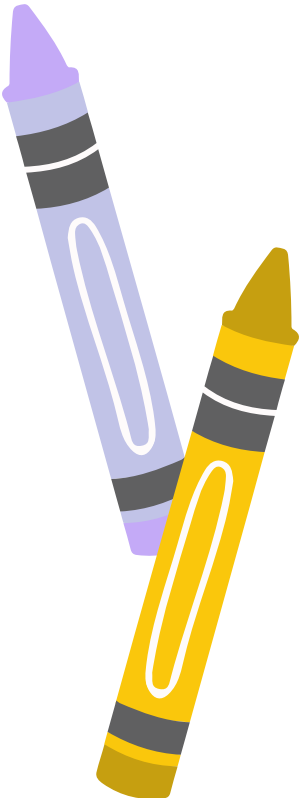


In this way, you create your own ideas bank of relaxing activities, which is worth preserving. You can also print it out as an inspiration for future participants, or save it and publish in your Orange Lab's social media so it can reach a bigger audience.

Main part: time to chill out!

After intellectual work, it is time to chill out! Tell the participants that this part of the workshop involves two pleasurable activities they will take turns doing. First, present the longer pleasurable activity – making your own colouring pattern. Ask the users to use the computers to access the Staedtler Mandala Creator website:

<https://www.staedtler.com/de/de/mandala-creator/#>. This is a simple, intuitive and free tool to create your own mandalas – geometric patterns often used in relaxation techniques. The website is in German but is so simple to use this should not be a problem.



To make your own pattern, start by choosing the first layer of elements by clicking 1 in the menu on the right, and then the blue field next to the words Element 1 – this will display a list of shapes, whose parameters you can adjust. You can decide their number, size, spacing etc by playing with the sliders below them. The preview of your mandala can be seen to the left of the screen. Similarly, by clicking the numbers 2-6 on the right side of the screen, you can add and edit subsequent sets of elements. Once you are happy with your design, click the blue button that says Fertig, and then choose the Drucken option to print your pattern.

Note: it might be worth downloading your colouring patterns. This will give you a unique collection of colouring patterns to use for other activities of your Orange Lab or to publish in your internet channels.

Tell the participants how to print out a pattern or help them print it out once their designs are ready (creating a digital design should take about 10-15 minutes). After the patterns are printed out, all the participants need to do is find a comfortable seat, grab the pens and pencils and... relax by colouring in the design.

Tell the participants that in the meantime, as a sort of a break in the colouring, each of them will get an opportunity to take a moment and relax with a VR headset. Ask the two first people to the VR Chill-out Zone you have created earlier, tell them briefly what to do, and hand them the headsets and the controllers.



Starting a relaxation session is very simple. The person wearing the headset should:


- select the Liminal app from the app library and click it to start it,
- select the Calm panel from the start screen of the app,
- click the selected relaxation session (that has been downloaded earlier) and click Play,
- answer the question 'How are you feeling today?' by selecting the icon best describing their mood and indicate the level of that emotion on a scale of 1-5,
- with sessions of several duration options, choose the appropriate duration (e.g. 5 minutes),
- sit back and immerse themselves in the virtual reality.



After the two participants have finished their session, direct them to return to the common area where colouring takes place, and ask two more participants to put on the headsets. Repeat this until everyone has used a headset, while also making sure all the participants have had enough time to finish their colouring.



Conclusion and evaluation



After the participants have finished the main part activities, ask them again to sit in a circle and put the associative cards in the centre. Ask them to choose one card that best reflects how they feel now, just like at the start of the workshop. Take a while to talk about this. Have your moods, feelings, and attitude changed over this relaxing hour? Make sure to talk about the participants' experience using VR: what was surprising? What did they like best? Will you want to use tools like these in the future? Thank all the participants for their time. You can also hand them a printout of the relaxation ideas bank you created together, as well as the printouts of colouring patterns, so they can return to them when they need to.

Useful links

Dixit associative cards – free download
<https://print-and-play.asmodee.fun/en/game/dixit>

Polls and surveys in real time
www.mentimeter.com

Completing surveys in real time
www.menti.com

Mandala creator
www.staedtler.com/de/de/mandala-creator/#



Katarzyna Lipska – graduate of Polish Studies at the Catholic University of Lublin and the Academy of Digital Competence at the ‘5Medium’ Foundation, with which she continues to work. Copywriter, animator and coordinator of digital literacy classes for senior citizens and creative intergenerational workshops with the use of new technologies. She has worked with Orange Labs since 2018, and was involved with a number of projects such as *A day in the life of*, *E-cuisine*, *Travelling the map*, *An App Toolkit*, or *Zero-Waste Tutorials*. She also teaches Polish as a foreign language.



Text: Katarzyna Lipska
Coordination: Magdalena Łasisz
Proofreading: Anna Hawryluk
Layout and typesetting: Anna Wuls

This script is available under the Creative Commons licence CC BY-NC-SA 4.0.

This script was created within the project “Edukacyjny wymiar VR w Pracowniach Orange” in cooperation with the Orange Foundation.

This project is part of the Orange Digital Center international initiative.

Projekt realizowany w ramach międzynarodowej inicjatywy Orange Digital Center.