

Down The Rabbit Hole Activity

Directions: For each scenario below, read it as a group and decide which one of the five tip sheet suggestions would be the **single best solution**. Write the name of it and why your group chose it.

1. You get home at 5pm, and you open a scrolling social media app (TikTok, Reels, etc). Suddenly 45 minutes have passed and it's 5:45.
2. You are doing homework, but notifications have popped up a few times now that distract you, and you keep taking breaks from your homework to view what it was.
3. You tell yourself you will play a video game for 30 minutes, but it turns into 2 hours.
4. You scroll on your phone late at night and then can't fall asleep.
5. You're constantly watching "short" videos like TikTok, and realize there is no end in sight.
6. You keep refreshing social media for something new, but nothing interesting is coming up.
7. You want to use your phone less on vacation with your family, and enjoy the moments rather than getting distracted by devices.

Note: While in the activity you chose the single best solution, these can be combined for extra caution to escape the Rabbit Hole!