

DAY 1 INSTRUCTIONS

please visit the following online survey.

QR CODE To
DAY 1 SURVEY



30
minutes

[HTTPS://TINYURL.COM/DRM-PACKET-A](https://tinyurl.com/DRM-PACKET-A)

Thank you!

DAY 1

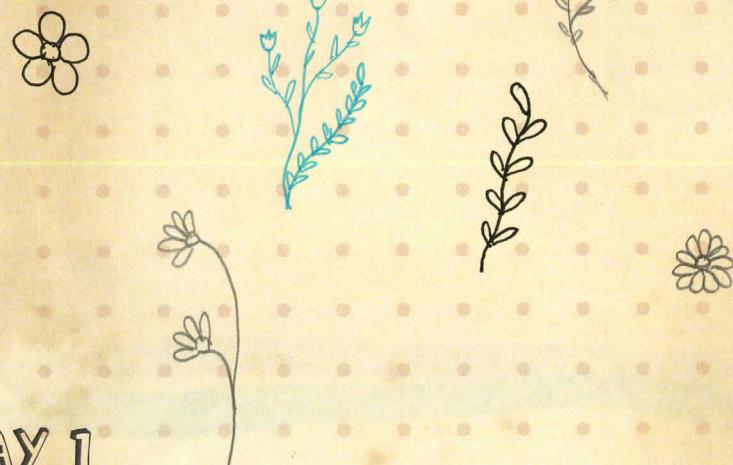
Pg. 6

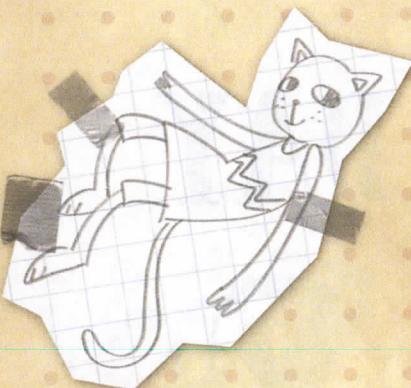
DAY 1

Pg. 7



“Doodle Zone”





DODDLE
4
LIFE

DAY 2

Pg. 10

DAY 2



New day, new packet!

Let's start this day
with a riddle!

Riddle:

What has two hands but can't clap?

Clock ⌚

Pg. 11

INTRODUCING MAPPING EMOTIONS EXERCISES

★ We're here to help you feel inspired and ready! ★

The following exercises are designed to spark your creativity and get you prepared for the "Day Reconstruction Diary"

Be **BOLD**,

be **EXPRESSIVE**.

...and don't hold back -- this is your space to explore your thoughts and feelings freely. Remember, there are no "right" answers here, just opportunities to dive into your unique perspective.

Again, this is your private diary that you do not need to share with us.

Today's Mapping Emotions Exercises should take about **20** minutes to complete.

OKAY, LET'S GET STARTED!

HOW WAS
YOUR DAY?



Can you recall any good moments that happened recently, or even today? What happened? How did it unfold? What kinds of **EMOTIONS** did you feel? How did you react?



EMOTION is a subjective, involuntary response to an event, expressed through physical and mental reactions (like behaviors or reflections). It aids communication and is partly within our control.

Reflect upon a particular moment involving technologies that had a noticeable, positive effect for you. Feel free to jot down some simple drawings or descriptions of the moment.

During pre-enroll this morning, I was able to enroll in the classes I was hoping to get.

While I was extremely tired, sleepy, and (initially) stressed, I felt very relieved.

I also saw some food tik toks today that made me very happy.

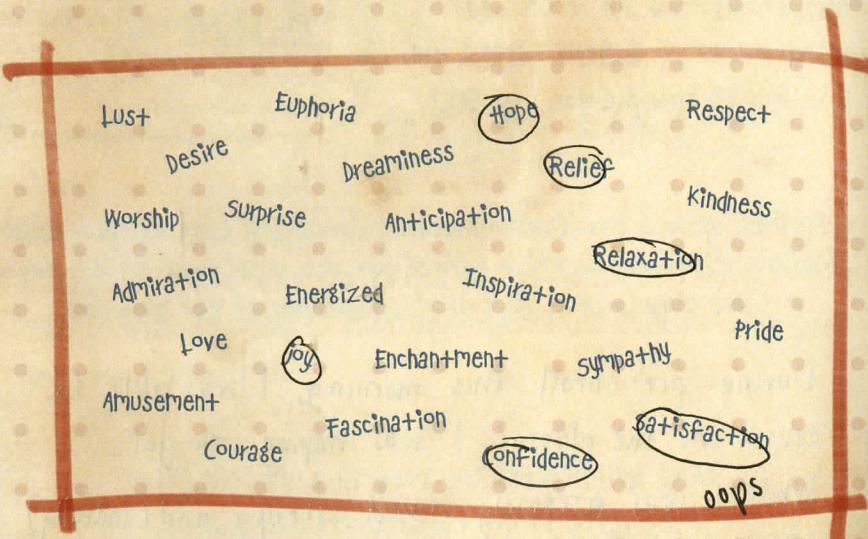




CAPTURING THE MOMENT

Please reflect on your experience from the previous exercise in step-by-step detail, using several positive emotions from the word bank below.

If none of the provided words feel right, feel free to use your own to best capture your experience.



First... I was anxious because I did not know if Student Center or the Wifi would crash out on me. It did not. I felt somewhat confident.

Then... I got all my class that I wanted. I felt a wave of relief and satisfaction with the events that transpired. I also felt a little joyful. I also felt very grateful.

Finally... I decided to go back to bed and a wave of relaxation washed over me. I felt hopeful about my day

Oh wow! More doodle space!

Positive Moments of Life

INSPIRED

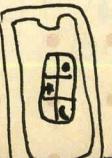
Can you think of a situation that made you feel '**INSPIRED**'?
What happened? What did you do?
How did you respond? What was in your mind? How did you express your feelings?



INSPIRED

To experience a sudden feeling of creative impulse.

I felt inspired when... I saw videos of a creator on Tik Tok making ~~cute~~ trinket ^{airdry clay} dishes. I thought the creator's trinket dishes were adorable. They were nautical themed and painted. The painting of the dishes ~~was~~ was very satisfying. I felt inspired to make one of my own this summer.



Positive Moments of Life

CONFIDENT

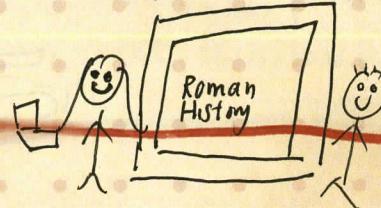
Can you think of a situation that made you feel '**CONFIDENT**'?
What happened? What did you do?
How did you respond? What was in your mind? How did you express your feelings?



CONFIDENT

To experience faith in yourself or your abilities to accomplish something.

I felt confident when... I felt confident when I received validation from my prof that ^{my team and} I did well on my group presentation, which is worth at least 20% of my final grade. As someone who hates public speaking, I practiced a lot. ^{After talking to my prof,} So, I felt confident ^{about} about my grade after receiving ~~the~~ validation from the prof.



Positive Moments of Life

SYMPATHETIC

Can you think of a situation that made you feel '**SYMPATHETIC**'?
What happened? What did you do?
How did you respond? What was in your mind? How did you express your feelings?

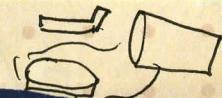


SYMPATHETIC

To experience an urge to connect with someone's misfortune or distress.

I felt sympathetic when...

When I was on the bus, ~~and~~ I saw someone on the road drop their coffee. I felt bad for them because I would be ~~the~~ sad to loose my beverage. I was unable to do anything as I was on the bus. I got over it fairly quickly



SAY IT WITH STICKERS!



MAPPING OUR FEELINGS

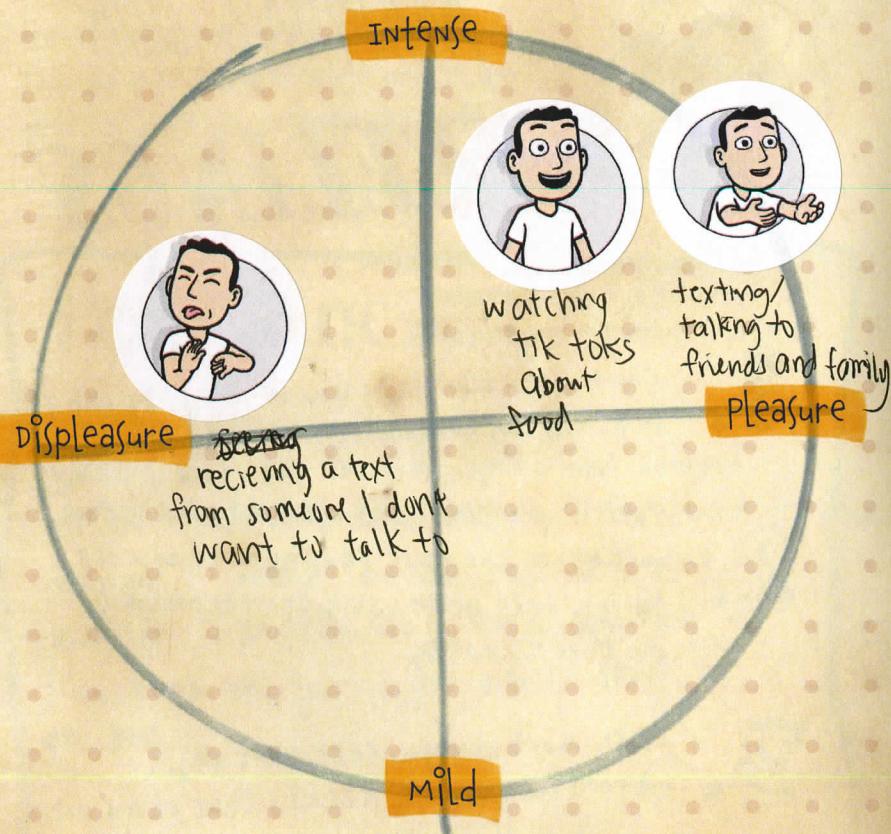
1. Choose **one technology** you frequently use (e.g., laptop, headphones, streaming service).
2. Use the **provided stickers** (included in the packet) on the next few pages to express how you felt while using the technology one time recently.
3. Think about why you felt that way, and reflect upon any **details** that stand out.

Frequently used technology

phone

What did it feel like to use it?

(Place a couple of stickers on the circle below)



DAY 2

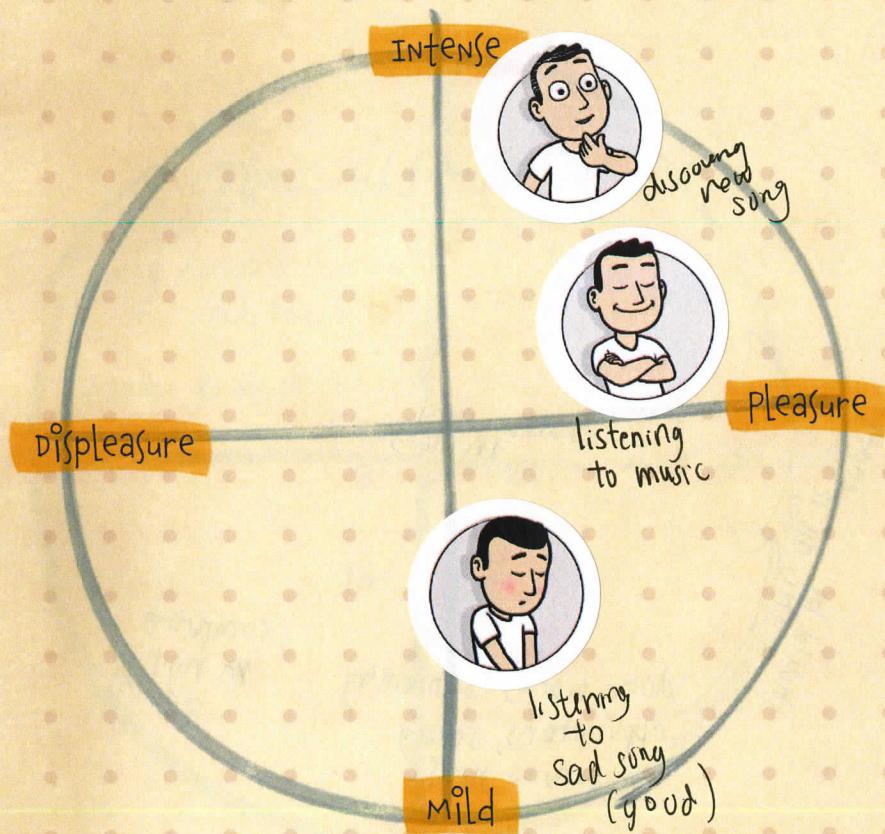
Pg. 24

Frequently used technology

airpods

What did it feel like to use it?

(Place a couple of stickers on the circle below)



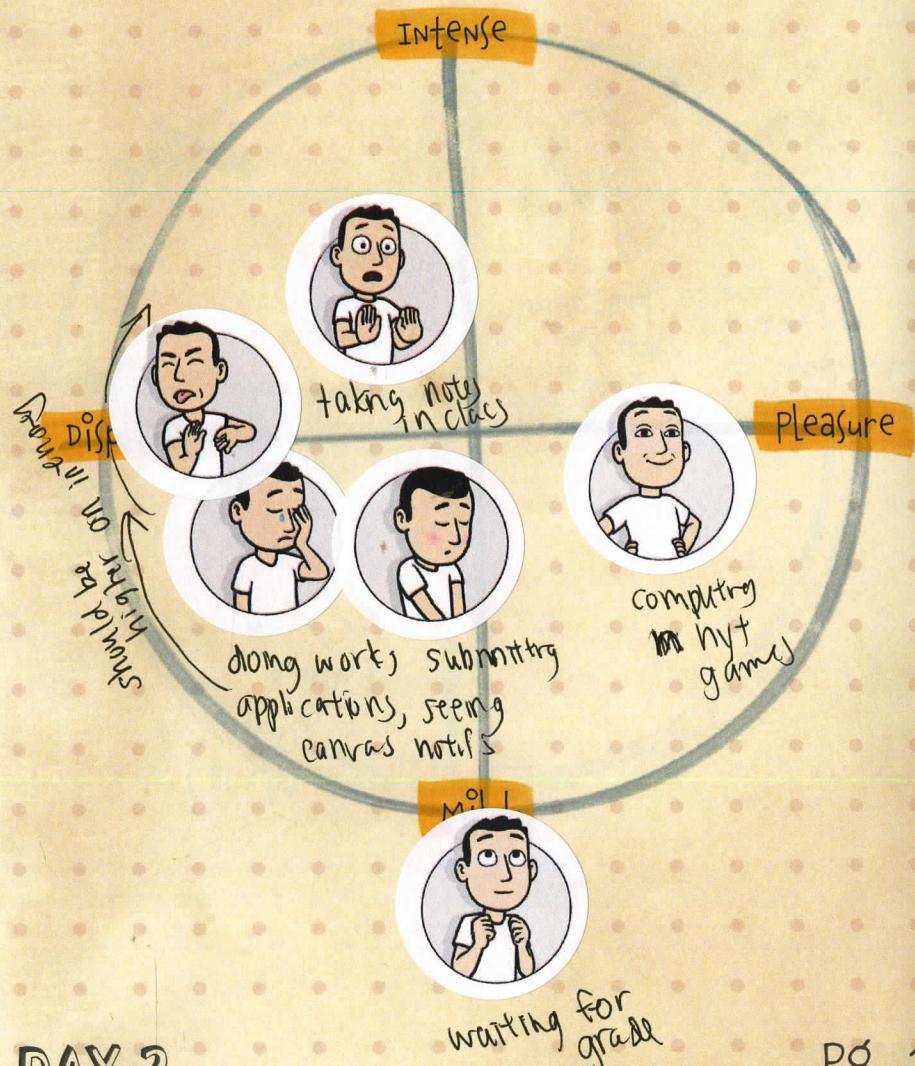
DAY 2

Pg. 25

Frequently used technology

laptop

What did it feel like to use it?
(place a couple of stickers on the circle below)



DAY 2

Pg. 26

DAY 2

Pg. 27

That's all for today!

Going forward, there will be an online survey for each day, but there isn't one today.

Please go about the rest of your day normally and tomorrow set aside 1 hour to complete **Day 3's SURVEY**.

THANK YOU!

Because many people find it difficult to remember what exactly they did and experienced, we will do this in 3 steps:

1. First, we will ask you what day of the week yesterday was, as well as when you woke up and when you went to sleep yesterday.

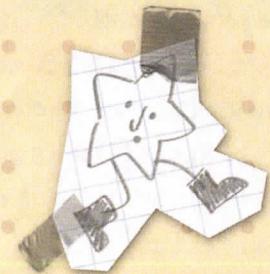
2. We'd like you to reconstruct what your day was like, as if you were writing in your diary. **Where were you? What did you do and experience? How did you feel?** Answering the questions on the next page will help you to reconstruct your day.

3. After you have finished reconstructing your day in your diary, we will ask you specific questions about this time (these questions are in today's online survey which you can access by QR code or URL a few pages down). In answering these questions, we'd like you to consult ~~your~~ your diary page and the notes you made to remind you of what you did and how you felt.

Please do not start the online survey until you complete today's diary pages.

to begin, please circle the day of the week that **YESTERDAY** was:

Monday Tuesday Wednesday Thursday Friday Saturday Sunday



Diary Pages

About what time did you wake up yesterday? 9 am

And when did you go to sleep? 1 am

On page 40, please describe moments of your day when you used technologies to boost your mood.

Think of your day as a continuous series of scenes or episodes in a film. Give each episode a brief name that will help you remember it (for example, "commuting to work", or "at lunch with B", where B is a person or a group of people).

Write down the approximate times at which each episode began and ended. The episodes people identify usually last between 15 minutes and 2 hours.

Indications of the end of an episode might be going to a different location, ending one activity and starting another, or a change in the people you are interacting with.

There is 1 page for the following parts of the day:

MORNING (from waking up until noon)

AFTERNOON (from noon to 6:00 pm)

EVENING (from 6:00 pm until you went to bed)

There is room to list 3 episodes for each part of the day -- use the breakdown of your day that makes the most sense to you and best captures what you did and how you felt when interacting with TECHNOLOGIES THAT BOOSTED YOUR POSITIVE EMOTIONS.

Try to recall each episode in detail and write a few words that will remind you of exactly what was going on. Also, try to remember how you felt, and what your mood was like during each episode. What you write only needs to make sense to you to help you remember what happened when you are answering the ~~the~~ questions in today's online survey.

Proceed to next page >>>

NOTES TO YOURSELF

(WHAT HAPPENED? WHAT DID YOU FEEL?)

EPISODE NAME	TIME IT BEGAN	TIME IT ENDED	TECHNOLOGY USED (HARDWARE/ SOFTWARE)
EX Looking at Photos	11:30 AM	11:50 AM	Phone, photos app
M TM Calling family & friends	9:30am	10:00am	FaceTime phone
N 2M Eating brekkie	9:30 am	10 am	none
N 3M Walking to class	10:00 am	10:15 am	phone, earphones
A 1A Walking to class	12 pm	12:15 pm	phone, earphones
R 2A Napping	3 pm	4 pm	now
O 3A Eating snack	4 pm	4:30 pm	none
E 1E Watching TV	7 pm	8 pm	laptop, earbuds
V 2E Doing homework	9 pm	10 pm	laptop
I 3E Eating dinner	8 pm	9 pm	none

DAY 3

Pg. 40

★ Please look over your diary once more. ★

Are there any other episodes that you'd like to revise or add more notes to?

Is there an episode that you would want to break up into two parts?

If so, please go back and make ~~the~~ necessary adjustments on your diary pages.

If not, you may go on to today's online survey.

QR CODE To
DAY 3 SURVEY45
minutes[HTTPS://TINYURL.COM/DRM-PACKET-C1](https://tinyurl.com/DRM-PACKET-C1)

DAY 3

Pg. 41

Up Next >>>

DIARY PAGES

DAY 5

Pg. 56

* Please do not start the online survey
until you complete today's diary pages. *



To begin, please circle the day of
the week that YESTERDAY was:

Monday Tuesday Wednesday Thursday Friday Saturday Sunday



DAY 5

Pg. 57

Diary Pages

About what time did you wake up yesterday? 9am

And when did you go to sleep? 1am

There is 1 page for the following parts of the day:

MORNING (from waking up until noon)

AFTERNOON (from noon to 6:00 pm)

EVENING (from 6:00 pm until you went to bed)

There is room to list 3 episodes for each part of the day -- use the breakdown of your day that makes the most sense to you and best captures what you did and how you felt when interacting with TECHNOLOGIES THAT BOOSTED YOUR POSITIVE EMOTIONS.

Try to remember each episode in detail and write a few words that will remind you of exactly what was going on. Also, try to remember how you felt, and what your mood was like during each episode. What you write only needs to make sense to you, and to help you remember what happened when you are answering the ~~the~~ questions in today's online survey.

proceed to next page >>>

DAY 5

Pg. 58

NOTES TO YOURSELF (WHAT HAPPENED? WHAT DID YOU FEEL?)			
EPISODE NAME	TIME IT BEGAN	TIME IT ENDED	TECHNOLOGY USED (HARDWARE/SOFTWARE)
1M Studying	9 am	10 am	Laptop, Quiet
2M breakfast	9:30 am	10 am	microwave
3M go to class	10:00 am	10:15 am	earphones, walk
1A drop off mail	12 pm	12:30 pm	n/a
2A Eat ice cream w/ friends	1 pm	2 pm	n/a
3A FaceTime friend	3 pm	3:30 pm	phone, FaceTime
1E Spin class	5 pm	6 pm	spin bike, apple watch
2E Dinner	6 pm	7 pm	n/a
3E Pick up mail	7 pm	7:20 pm	phone
PEACEFUL (INSTANT, NURTURING, RELAXING)			
Pg. 59			
DAY 5			

Up Next >>>

DIARY PAGES

DAY 7

Pg. 76

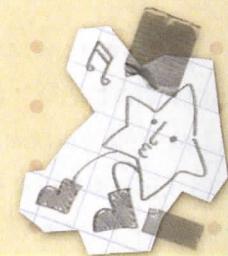
DAY 7

Pg. 77

★ Please do not start the online survey
until you complete today's diary pages. ★

To begin, please circle the day of
the week that **YESTERDAY** was:

Monday Tuesday Wednesday Thursday Friday Saturday Sunday



Diary Pages

About what time did you wake up yesterday? 9 am

And when did you go to sleep? 3 am

There is **1** page for the following parts of the day:

MORNING (from waking up until noon)

AFTERNOON (from noon to 6:00 pm)

EVENING (from 6:00 pm until you went to bed)

There is room to list **3** episodes for each part of the day -- use the breakdown of your day that makes the most sense to you and best captures what you did and how you felt when interacting with TECHNOLOGIES THAT BOOSTED YOUR POSITIVE EMOTIONS.

Try to remember each episode in detail and write a few words that will remind you of exactly what was going on. Also, try to remember how you felt, and what your mood was like during each episode. What you write only needs to make sense to you, and to help you remember what happened when you are answering the ~~surve~~ questions in today's online survey.

proceed to next page >>>

DAY 7

Pg. 78

NOTES TO YOURSELF (WHAT HAPPENED? WHAT DID YOU FEEL?)			
EPISODE NAME	TIME IT BEGAN	TIME IT ENDED	TECHNOLOGY USED (HARDWARE/SOFTWARE)
N 1M breakfast	9:10 am	9:30 am	microwave
N 2M calling family	9 am	10 am	phone FaceTime
N 3M reading	10 am	10:30 am	camp laptop
A 1A homework	1 pm	3 pm	google docs laptop
R 2A walk	3 pm	3:30	phone Spotify earphones
C 3A exercise	4 pm	4:30 pm	treadmill
E 1E dinner	5 pm	6:30 pm	na
V 2E (in cinema)			speakers, movie screen
N 2E watched movie	6:30 pm	8pm	Tik Tok
C 3E doomsrolled on	9 pm	10 pm	phone
DAY 7		Content all the emotions	

Pg. 79

★ Please look over your diary once more. ★

Are there any other episodes that you'd like to revise or add more notes to?

Is there an episode that you would want to break up into two parts?

If so, please go back and make the necessary adjustments on your diary pages.

If not, you may go on to today's online survey.

QR CODE TO
DAY 7 SURVEY



45
minutes

[HTTPS://TINYURL.COM/DRM-PACKET-C3](https://tinyurl.com/DRM-PACKET-C3)

