

ORIENTATION

ACTIVITY:
FLIPPING OFF CEREMONY

FACILITATION GUIDE ►►

Participants have called in, left voicemails, signed up, showed up, and now ... Orientation meetup is all about building a doorway in time and walking through it together. Month Offline has officially* begun! The focus is *not* on the pain of the problem, but on the fun of the challenge ahead. Private commitments become shared, and participants get a chance to meet the rest of the cohort.

PREVIOUSLY:
PRE-ORIENTATION

NEXT:
COMMUNICATION

NOTES

* EVENT SCORE

MEETUP #1

TIME	FACILITATOR	ACTIVITY
+0M		WELCOME ppl at door w/ password LESS IS MO
		station #1: invite ppl to sign guestbook with an old-school tool/device that they hope will make a comeback
		station #2: ask ppl to sign participation agreement
+20M		station #3: ppl receive name tags and Time Capsule activity (pair up, ask each other questions, record partner's answers)
		ROUND ROBIN: lead facilitator share MOrigins, each facilitator share a specific memorable moment from their month offline
+50M		prompt #1 (full group): What's the story of your name? * prompt #2 (small groups): What's a digital habit you're letting go of?
		FLIPPING OFF: ask participants to hold up their smartphones, repeat a few habits ppl are letting go of, turn of phones in 3, 2, 1 ...
+1HR		Hand out MO Kits and remind ppl not to open til everyone has
		UNSEALING: Drum roll, invite ppl to open kit together * ask a brave volunteer to read Offline Pledge and have everyone sign
		Dumbphone orientation: (1) practice T9 by texting your smartphone * (2) add facilitator as new contact * (3) snap first photo
+1HR15M		Kit orientation: (1) ask ppl to put smartphone in Phone Zone * (2) introduce Challenge #1 envelope, sealing wax, and pen pals
		STATIONS: Send half of cohort to DUMB BAR for intro to Dumb Down App and misc. phone support * Send half of cohort to Bedazzling Station * switch after 10min

MEETUP #2

ACTIVITY:
OPEN QUESTIONS ONLY

FACILITATION GUIDE ►►

Participants are settling into their dumbed down life after the first week of Month Offline. Now that they've taken the leap and their initial fears are behind them, it's time to help them learn from each other's problems and resolutions. Participants will be intro'd to their flipmates, a small group that supports thru the challenge. We'll also be unlocking the first MO dumbphone feature: the Dumbphone Diary.

PREVIOUSLY:
COMMUNICATION

NEXT:
MEMORY

NOTES

* EVENT SCORE

MEETUP #2

TIME	FACILITATOR	ACTIVITY
+0M		<u>WELCOME</u> ppl w/ name tags, send to next station
		Give out Dumbscroll Prompts, invite ppl to find a small group and chat
+15M		Announce drawing prompt: a moment of friction or workaround from first week on dumbphone
+20M		<u>ROUND ROBIN</u> : welcome ppl to Meetup #2, recap Meetup #1, new ppl introduce themselves
		What is the object you wrote about to your pen pal (or are planning to write about)?
		Play Heads Up w/ info from Time Capsule cards
+50M		<u>OFFTIME OUTLETS</u> : Collect Dumbscroll Prompts, have ppl pick a flipmate card at random
		Ask ppl to sit with group, share purpose of flipmates, add each other's numbers
		Introduce Offtime Outlets, Dumb Scroll, and MO Gallery
		<u>OPEN QUESTIONS ONLY</u> : ppl interview each other about their Offtime Outlet * switch mates after 5 minutes * choose field trip location
+1HR10M		<u>UNSEALING</u> : Hand out #2 envelopes, invite ppl to open in 3, 2, 1, and introduce Memory theme
		Invite someone to read front side of challenge card
+1HR15M		<u>STATIONS</u> : rotate every 10m in combined flipmate groups between: * <u>DUMB BAR</u> (offer misc tech support) * <u>REMEDIATION STATION</u> (define "remediation", introduce cam as medium of memory + shotlist as a way of remembering analog tetures) * <u>OFFTIME STUDIO</u> (pass around index to collect offtime ideas and share with group)

MEETUP #3

ACTIVITY:
STORY LINES

FACILITATION GUIDE ►►

With offtime projects and the MO gallery on the table, participants are hopefully thinking more expansively about what their Month Offline is *for*. This meetup is about helping people learn more about each other by hearing the stories of where they are coming from (literally). "We are where we go." We'll reflect on how the dumbphone can free our attention to practice the art of noticing our surroundings.

PREVIOUSLY:
MEMORY



NEXT:
NAVIGATION

NOTES

* EVENT SCORE

MEETUP #3

TIME	FACILITATOR	ACTIVITY
+0M		WELCOME ppl w/ name tags, send to next station
		Give out Dumbscroll Prompts, invite ppl to find a small group and chat
+15M		Announce drawing prompt: the dispo photo you can't wait to develop
+20M		ROUND ROBIN: welcome ppl to Meetup #3, recap Meetup #2 and introduce new ppl
		<u>large group:</u> Ask ppl to share a photo they can't wait to develop * <u>small groups:</u> name a gallery they visited or will visit
+45M		UNSEALING: trade Dumbscroll cards for #3 challenge envelopes, invite ppl to open in 3, 2, 1, and introduce Navigation theme
		Ask ppl to get into flipmate groups and hand out Rand McNally maps
		<u>STORY LINE</u> exercise: * Locate venue and draw a star * Pass around dry erase marker and tell the story of how you got here (and what it's been like to navigate w/o smartphone) * Draw commute line from home with dot wherever you switch transit modes * Align transparencies to reveal the cohort's neighborhood network, ask about standout lines
+1HR15M		STATIONS: rotate every 10 min * REMEDIATION STATION: share Cartography Card and navigation stories * OFFTIME STUDIO: let ppl update their index entry and share project developments

MEETUP #4

ACTIVITY:
COLLAGE COMPETITION

FACILITATION GUIDE ►►

With only one more week of Month Offline to go, it's time to introduce a bit of competition. Participants will choose their own adventure, meditation or recreation, and form 2 teams. Though playful, the Boredom week addresses a deep question: how to stare into the attentional abyss without losing our wits? This meetup opens up a rare conversation about the ways we fill the idle in-betweens.

PREVIOUSLY:
NAVIGATION



NEXT:
BOREDOM

NOTES

* EVENT SCORE

MEETUP #4

TIME	FACILITATOR	ACTIVITY
+0M		WELCOME ppl w/ name tags, send to next station
		Give out Dumbscroll Prompts, invite ppl to find a small group, chat, and share maps
+1M		Announce drawing prompt: draw a favorite location from your map or neighborhood
+20M		ROUND ROBIN: welcome ppl to Meetup #4, recap Meetup #3, and introduce new ppl
		large group: share point of interest on map * small groups: something you noticed in transit or added to notebook (toss a talking piece)
		Collect dumbscroll cards
+45M		UNSEALING: reveal Boredom theme, ask each person to choose Team Meditation (RED #4) or Team Recreation (BLUE #4)
		Ask ppl to sit with team, read card, hand out magazines and scissors
+50M		VISION BORED: Create a team vision board for your week of Meditation/Recreation
		Team convo prompt: tell ppl about a favorite meditation or recreation outlet
		Teams present collages to judges
		Ask teams to discuss where they want to go for their challenge while judges select winner
+1HR15M		STATIONS: rotate every 10 min * REMEDIATION: hand out beads, puzzle books, invite ppl 2 start team group chats, and explain how MAD LIBS work * OFFTIME STUDIO: check in on projects and hand out save the dates for exhibition

GRADUATION

ACTIVITY:
COMMENCEMENT SPEECHES

FACILITATION GUIDE ▶▶

It's graduation time! This week is all about reflecting back on the Month Offline and looking forward to the post-challenge future. Participants will have the chance to decide whether they want to keep their dumbphone. The important thing is to celebrate them no matter what. The 30 days gave everyone the chance to turn off auto-pilot and challenge the assumptions + habits of the culture.

PREVIOUSLY:
BOREDOM



NEXT:
EXHIBITION

NOTES

* EVENT SCORE MEETUP #5

TIME	FACILITATOR	ACTIVITY
◀00M		WELCOME ppl w/ name tags, send to next station
		Give out Dumbscroll Prompts, invite ppl to pair with someone from <u>opposite team</u>
◀15M		Announce drawing prompt: draw something that reminds you of inner peace / inner child
◀20M		Welcome ppl to Graduation and congratulate them on making it 2 the finish line
		Play WHO AMONG US: used phone zone, called flipmates, got genuinely lost, submitted more than 3 dumbphone diary entries etc. (give out stickers to keep track of who has the most)
		Teams share about their outings, nominate MVPs, and receive prizes
		Collect dumbscroll cards, return Time Capsule
◀40M		GRADUATION: congratulate participants on making it to finish line
		Each participant approaches podium 1 at a time to share mini-commencement speech: "What's one learning you're taking with you?"
		Sign completion certificate
		Stamp certificate
		Take graduation photo w/ pledge ybk quote
◀1HR15M		FEEDFWD: hand out feedfwd cards and ask ppl to help us improve for the next cohort
◀1HR30M		STATIONS: * @REMEDIATION trade feedfwd cards for postcards and invite ppl to write * @DUMBBAR ask ppl to return or keep phone and check out if needed * @OFTIME: prep for exhibition