

Exploration Title	Exploration 1: Feelings First, Then Phone
Estimated Time	5-10 minutes
Materials Needed	• Pen or pencil • Simple feelings log (table format)
Objectives	• Build awareness of emotions before using a screen • Link feelings to underlying needs • Create space for conscious choice rather than autopilot scrolling
Step-by-Step Instructions	Before picking up your phone, pause and check in with yourself. Ask: What am I feeling right now? (boredom, stress, loneliness, etc.) and What do I really need? (connection, rest, fun, calm, etc.). Record your answers in a log with these columns: Emotion / Need / Did I still use my phone? / Alternative tried? / How I felt after. If you forget to do this before using your phone, try it right after instead.
Why it works	Pausing to check in with your feelings before reacting builds emotional self-awareness. Recognising needs allows you to make choices that meet more than one need and avoid patterns that leave you feeling drained.
Reflection Space	• What emotions come up most often before I use my phone? • Which needs do I tend to meet with screens?