



Digital Inclusion Activity Cards

These cards provide creative, inclusive and less intimidating ways of helping people to improve their digital skills.

Each card explains the benefits of an activity, the social and digital skills it supports, and suggests how you might run the activity.

They encourage a user-centered approach to getting people to engage with technology, and increase motivation for improving digital skills.

They are sized to be printed double sided on A6 card.



Who are they for?

These cards are for organisations that want to offer support to improve people's digital skills.

They're a conversation starter for staff, digital champions or volunteers. They demonstrate that helping people to improve their digital skills can take different forms.

The cards are intended to be used by people who will provide digital skills support, not directly with the end user.



What's on them?

Each card tells you what skills an activity can help people develop, how many facilitators it may need and an appropriate group size.

Activity are colour coded based on how easy it should be to deliver:

- Green cards should just need one or two connected devices and one facilitator.
- Yellow cards might need more devices, knowledge or skills.
- Red cards will need some specialist knowledge or equipment.



How do you use them?

- Get together as a group of staff, digital champions or volunteers.
- Lay the cards out, image on top.
- As a group, choose a couple of cards each that catch your attention.
- Turn the cards over and talk about the activities. For example:
 - Would they work for people you support?
 - Would you feel facilitating them?
 - What would you need to put them in place?



Karaoke

Singing is free and great with groups. It can help with social skills and online searching.

You can buy a karaoke kit or just use a computer with good speakers, and there are lots of free karaoke songs online.

Creating a handout of popular songs that people can look through can help remove the digital barrier. As people gain confidence they can be encouraged to search online for songs themselves.

YouTube karaoke search: goo.gl/S1t3jj

Outcomes:

Participation
Confidence
Searching

Recommendations:

Group size: 3+
Facilitators: 1



Better online searching

People usually search online by simply typing a few words into the search bar, but things like keywords, operators and wedge words can help get better results.

Choose a topic to search for and write down a list of keywords about the topic. Try putting a minus symbol in front of some words to exclude them. Or try putting some words in quotation marks to search for a specific phrase. Lastly, try adding wedge words such as 'review', 'help', or 'news'.

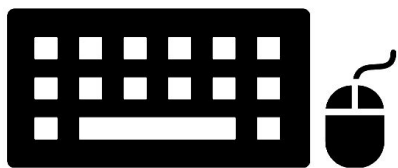
This just requires a connected device. It can be done 1-1, or as a group activity to get people discussing and sharing their results.

Outcomes:

Basic digital skills
Searching

Recommendations:

Group size: 1+
Facilitators: 1=



Using the mouse and keyboard

People who can confidently use a smartphone can sometimes struggle with, or be intimidated by a desktop computer or laptop.

Simple online games can provide practice using a mouse. Printing excerpts from popular stories can help with typing.

Mouse practise:

Draw a Stickman: drawastickman.com

Keyboard practise:

BBC Dance Mat Typing: goo.gl/SeiRMn

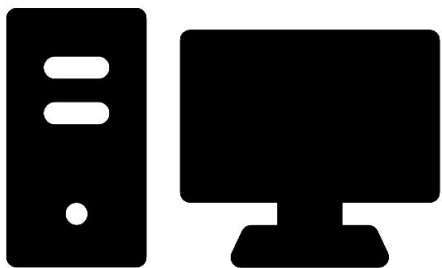
Outcomes:

Basic digital skills

Recommendations:

Group size: 1+

Facilitators: 1+



Digital drop-in

Drop-in sessions are less formal than group classes, and a great way for people to get one to one support and go at their own pace.

Set a time and day for the sessions, and tell people they don't need to book a place and there's no fixed content to cover - they can just turn up.

It's convenient for people who can't commit to a regular schedule, so some sessions may be quiet.

Providing one to one support can be more demanding the more people there are. Have some facilitators ready to help.

Outcomes:

Basic digital skills
Online problem-solving
Socialising

Recommendations:

Group size: 1+
Facilitators: 1+



Bargain hunting

The internet makes it easy to compare prices and makes money go further.

A bargain hunt challenge can help with online searching and numeracy skills.

The product can be anything but it should be something the person can relate to, eg. coat, bicycle, smartphone. Having a list of a few items will get them looking at a wider range of websites.

If you have a small group you could make it a collaborative session - working together to find the cheapest products, or competing against each other.

Outcomes:

Money management
Online searching
Socialising

Recommendations:

Group size: 2+
Facilitators: 1+



Mobile phone comparison

People with a smartphone often don't know if there's a cheaper option but there are lots of easy to use comparison sites that work for contracts and SIM only options.

This exercise can help with online searching and budgeting skills. It also works well with people who already have a smartphone so that they can check what they're paying against what's available.

Is also good way for people to learn about social tariffs and if they qualify.

uswitch.com/mobiles

Search: Social tariffs

Outcomes:

Money management
Online searching

Recommendations:

Group size: 2+
Facilitators: 1+



Google Maps

Google Maps lets people explore familiar places from a different perspective.

Seeing something familiar, like where you live, makes things easier to relate to. People quickly start looking round the map to see other places they recognise.

This can help with using either a mouse or touchscreen device, and with discovering new places in the local community.

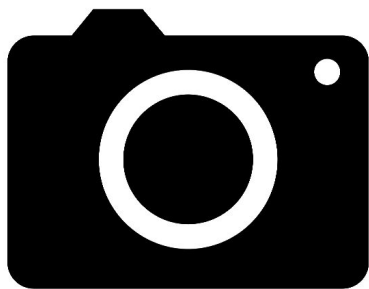
Why not create a quiz? Get people to find the shortest route between two places, or famous landmarks by just a postcode.

Outcomes:

Further digital skills
Participation
Independence

Recommendations:

Group size: 1+
Facilitators: 1+



Taking and sharing photos

It's easy to take photos with a smartphone, and sharing them online is a quick and easy way to stay in touch.

This can also help with communicating online and understanding online safety.

Get people taking photos and using any built-in editing tools on a phone or tablet, so they can get used to the device and features.

Later, discuss ways to share photos, such as email, messages and social media, and how once a photo has been shared it's hard to make private again, so care should be taken about what is shared and with who.

Outcomes:

Further digital skills
Safety awareness
Socialising

Recommendations:

Group size: 2+
Facilitators: 1+



Bird watching

Bird spotting can be relaxing and give people a focus while out and about. Gardens and parks are free places to look, and listen, for birds.

Birding can help with observation, listening and online searching skills. Get people talking about where to look for birds, equipment you'll need and how to record observations.

You can use the RSPB website to identify birds and see which are common at different times of the year. There are also apps that can identify birds from their song.

RSPB identify birds: goo.gl/QgU9io

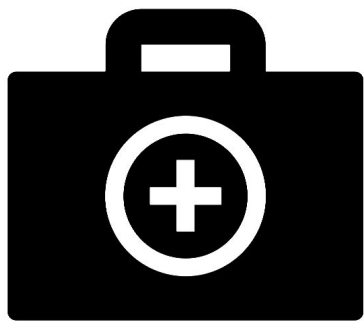
Search: Bird identification apps

Outcomes:

Wellbeing
Observation
Searching

Recommendations:

Group size: 2+
Facilitators: 1+



St John Ambulance First Aid

Not everyone has easy access to, or is comfortable using traditional health services.

Access to first aid information online can make all the difference. It can help with health awareness, wellbeing, online searching skills, and confidence.

Use the St John Ambulance website to look at things like dealing with a suspected broken bone, or the recovery position. Or people could download the app and be helped to use it. You don't need to be a qualified first aider to provide this advice.

St John Ambulance: [sja.org.uk/get-advice](https://www.sja.org.uk/get-advice)

Outcomes:

Wellbeing
Confidence
Searching

Recommendations:

Group size: 2+
Facilitators: 1+



Create your face

Making a picture of yourself can be a simple way to help with self expression and can help with mouse skills and creativity. There are lots of websites to help.

These pictures, called avatars, can range from face only to full body, or even your own superhero or cartoon character. I

t can work well doing it with a group so people can view each others. After using a website to make an avatar you can show people how to save it, print it or share it.

Create Avatars Online: goo.gl/RBQvLU

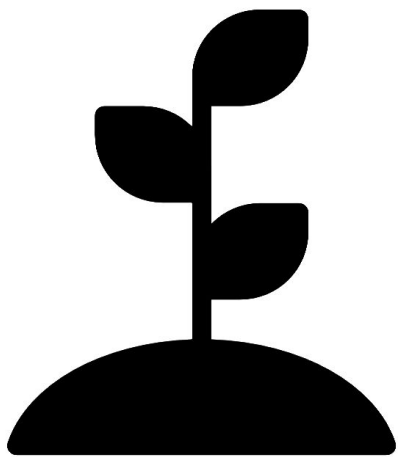
Outcomes:

Basic digital skills

Recommendations:

Group size: 1+

Facilitators: 1+



Gardening

Gardening can help with well-being, responsibility and teamwork. It's scalable and flexible - from growing house plants, or potatoes in a bucket, to volunteering at a local community garden.

The first session could be searching what plants can be grown where and when, then searching where to buy the seeds.

Later, research how to look after the plants and assign tasks like watering and weeding. This could lead to making a spreadsheet showing who is responsible for what.

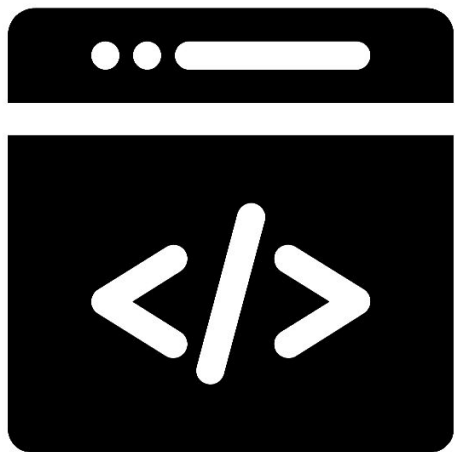
Search: Community garden

Outcomes:

Wellbeing
Searching
Planning

Recommendations:

Group size: 2+
Facilitators: 1+



Coding club

Code is what makes computers do things and learning some of the basics can make using them less scary.

The Raspberry Pi - a very small, cheap computer - is a great introduction to coding. It uses a simple, user friendly coding language to get people started. In a couple of hours you can learn enough to teach a group the basics.

The website has everything you need to get going, including great introduction guides, projects and downloads.

raspberrypi.org/help

Outcomes:

Employment skills
Creativity

Recommendations:

Group size: 2+
Facilitators: 1+



Cooking club

Preparing and cooking food as a group can help with skills for independent living, task ownership and teamwork.

At first, get people to search online for simple recipes, the ingredients they need, and even order them online. In later sessions, agree who's going to do what, so everyone has a task, then cook and eat.

Everyone handling food needs to be aware of food and personal hygiene requirements, and any food allergies.

[nhs.uk/change4life/recipes](https://www.nhs.uk/change4life/recipes)

[bbc.co.uk/food/recipes](https://www.bbc.co.uk/food/recipes)

Outcomes:

Transacting/numeracy

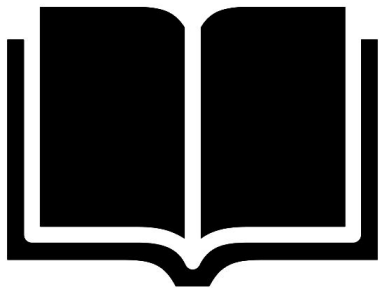
Independence

Searching

Recommendations:

Group size: 3+

Facilitators: 1+



Digital Storytelling

Digital Storytelling is used a lot in the mental health sector.

Talking about their lives can help with creativity, typing skills and addressing feelings of isolation.

Print a few examples to discuss, or show a few video stories, and ask people to share their opinions. Help people find stories online and invite them to discuss them. Encourage people to share their own stories, either written, or videos made with a smartphone.

Sheffield Flourish is a great example of a platform which hosts stories.

sheffieldflourish.co.uk/stories

Outcomes:

Participation
Confidence
Wellbeing

Recommendations:

Group size: 2+
Facilitators: 2+