



IO1 – XCAPE
Digital Breakouts
Compendium of
Resources
Having A Bad Day



CAPE

**BREAKOUT CHALLENGES FOR
DEVELOPING TRANSVERSAL
SKILLS**



XCAPE: Breakout Challenges for Developing Transversal Skills

Project Number: 2019-1-IS01-KA202-051133

Prototype Digital Breakouts for Critical and Creative Thinking

Introductory Level (Single Storyline)

Developed by Spectrum Research Centre, CLG



IO1 – Digital Breakouts

1. Basic information

1.1 Title

Having A Bad Day...

1.2 Competences addressed

Competence	Thread	Level	Description
Critical and Creative Thinking	Knowledge	Introductory	<ul style="list-style-type: none"> - Basic knowledge of creative thinking - Basic knowledge of visualising the future
Critical and Creative Thinking	Skills	Introductory	<ul style="list-style-type: none"> - Apply creative thinking to think of a new solution - Apply digital skills to complete a set of challenges online
Critical and Creative Thinking	Attitudes	Introductory	<ul style="list-style-type: none"> - Awareness of creative thinking in action

1.3 Introduction

You are a bad day. You roam around from day to day, calendar to calendar, afflicting different people as you go. Nobody ever knows when you are doing to strike. You are the reason why people lock their keys in their car; why they miss the bus on the way to work; why they lose money; why they get caught in a heavy rain shower without an umbrella; why their cat runs away. You don't know who will affect today, it is always random, never planned. Your lifestyle is very lonely though. You feel sad that people always associate you with bad times in their lives. You look at the people you affect, and you think they should be happy when their bad day is over, because tomorrow surely won't be as bad. You only affect people because you are lonely and want some company. You think that if you can change your image and change

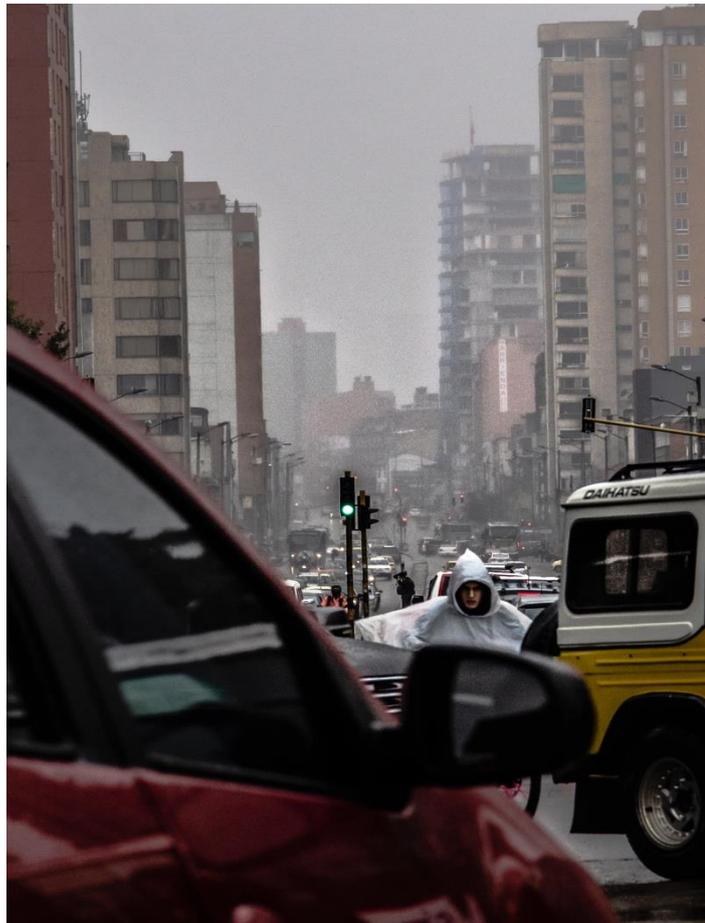


the way people think about you, you might find a friend who you can hang out with for more than one day, and you can start to have good days with people instead of only bad days.

Level

Introductory

Cover image



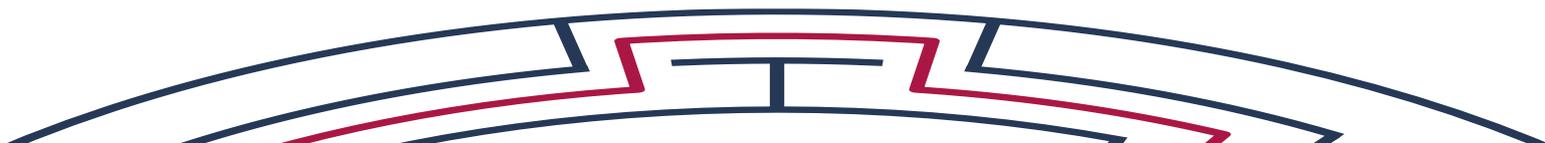
2. Challenge pages.

Each challenge page has the following information; Copy this template for each page of your challenge

Page number 2

2.1 Title

Having A Bad Day – Challenge 1



2.2 Content

You have decided that you will try to re-brand your negative image so that people will start to see that having a bad day, is all part of life. But that with the right attitude there can still be good parts to bad days. You will need to do some work to change the negative image that people have of you though!

2.3 Type

Test page

2.4. Attachment(s)

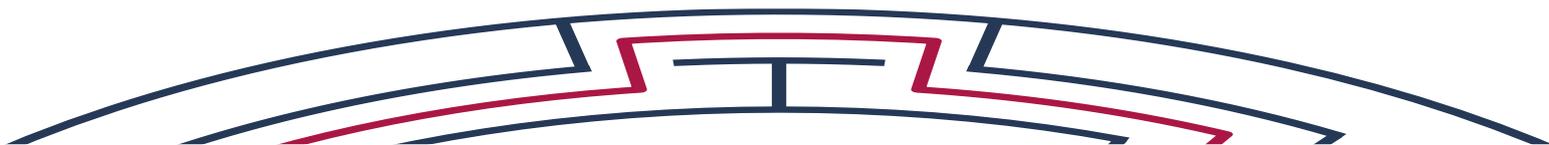


2.5 Page Challenge (optional)

Question

Which of the following will help you to improve your image? Which of the following are proven marketing techniques that will help you to 're-brand' and will help you to change the way the world sees you?

- *Establish authenticity by telling your story*
- *Show you care for the environment (even if you don't)*
- *Connect with people*
- *Buy their love*
- *Rescue a puppy*
- *Own your mistakes and be transparent*
- *Fix what you can and move forward*





Correct answer

The correct answers are: 1, 3, 6 and 7

2.6 Congratulate the Learner

Well done – you have taken the first step to changing how the world sees you and improving your personal “brand”. Now you know what you need to do to get your new image out there!

2.1 Title

Having A Bad Day – Challenge 2

2.2 Content

In order for you to connect with people and change the way they see you, you will need to take some time and tell your story. Business often use this as a way to connect with their customers and clients; but we also see it with celebrities, authors, politicians, etc. People always try to prove their authenticity by telling their story. It makes them seem more ‘relatable’ to more people. You will try this so that you can change the way people see you and how they experience bad days. Through sharing your story, you will show people how they can appreciate the good moments in their bad days. I think your plan will work! Now all that is left is to write your story!

2.3 Type

Test page

2.4. Attachment(s)





2.5 Page Challenge (optional)

Question

Take some time and write a short 200-250-word story about why you feel people should appreciate bad days more than they do. Focus on the lessons people learn in their bad days, and how it can make them stronger people in the long-run. When you have finished your story, you can share it with people in your group and see if their opinions of 'bad days' have changed!





Correct answer

Open answer to encourage creative thinking and writing.

2.6 Congratulate the Learner

Congratulations, you have done a wonderful job! You will see now that people will react to you differently and will start to see the good points in bad days. We are hopeful that this will bring about positive changes for you and will see more happiness coming your way!

