

THE ADVENTURES OF CYBER-SURFER



**A HOT CUP
OF FOMO!**



Hey Portal
whassup?

Wow... thanks
for the invite
guys!



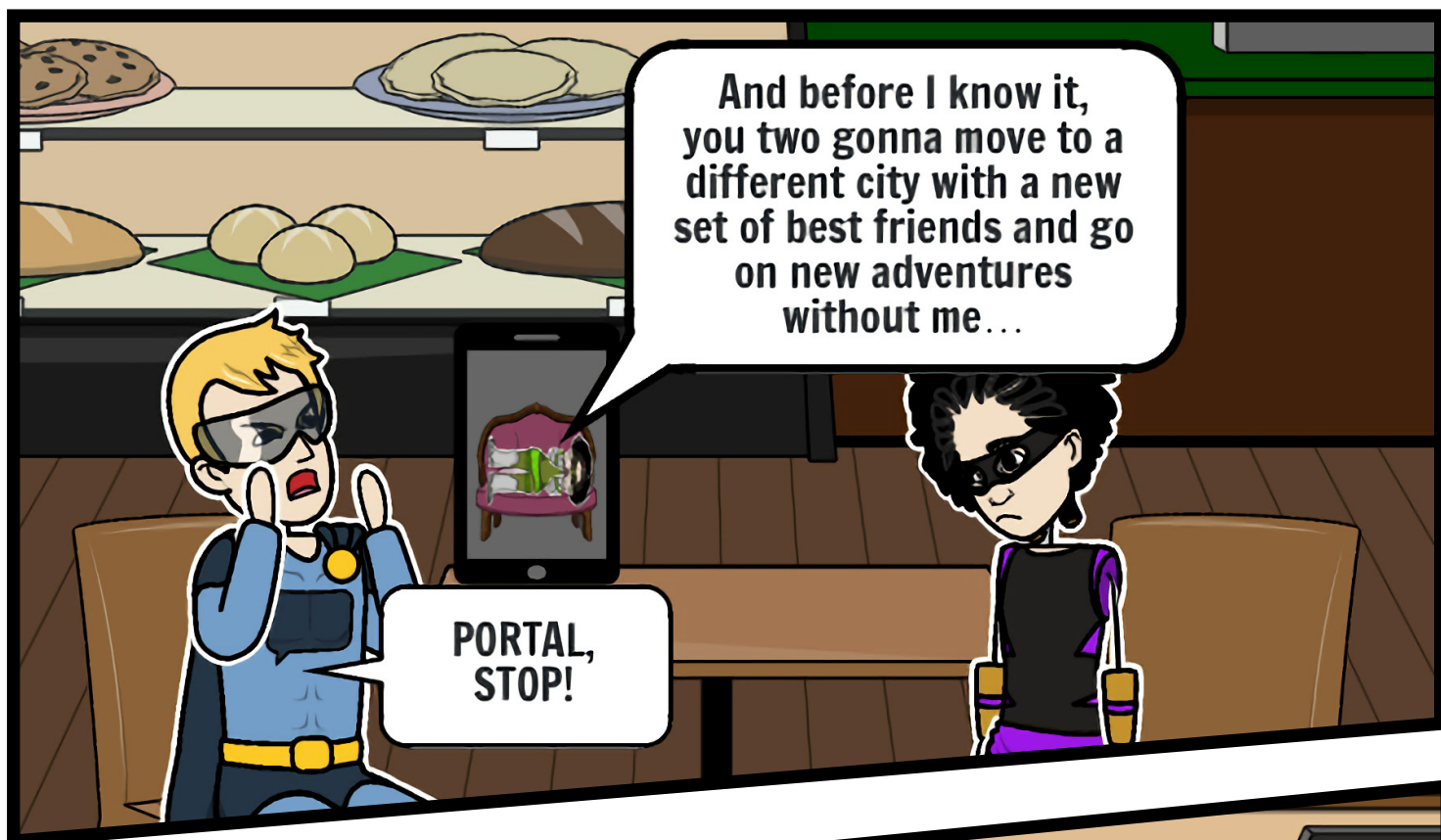
What do you
mean?

Uh hello, you
guys are hanging
out without me.

Oh I mean Wifi
and I were just
out get some
dish soap

so we just thought
we'd grab a quick
coffee.







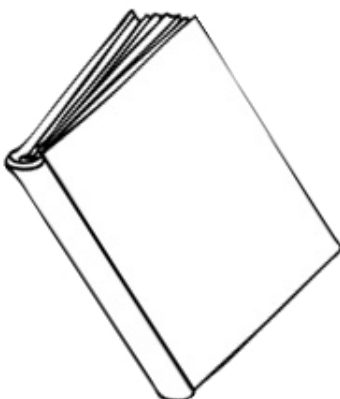
TIPS FOR YOUNG LEARNERS:

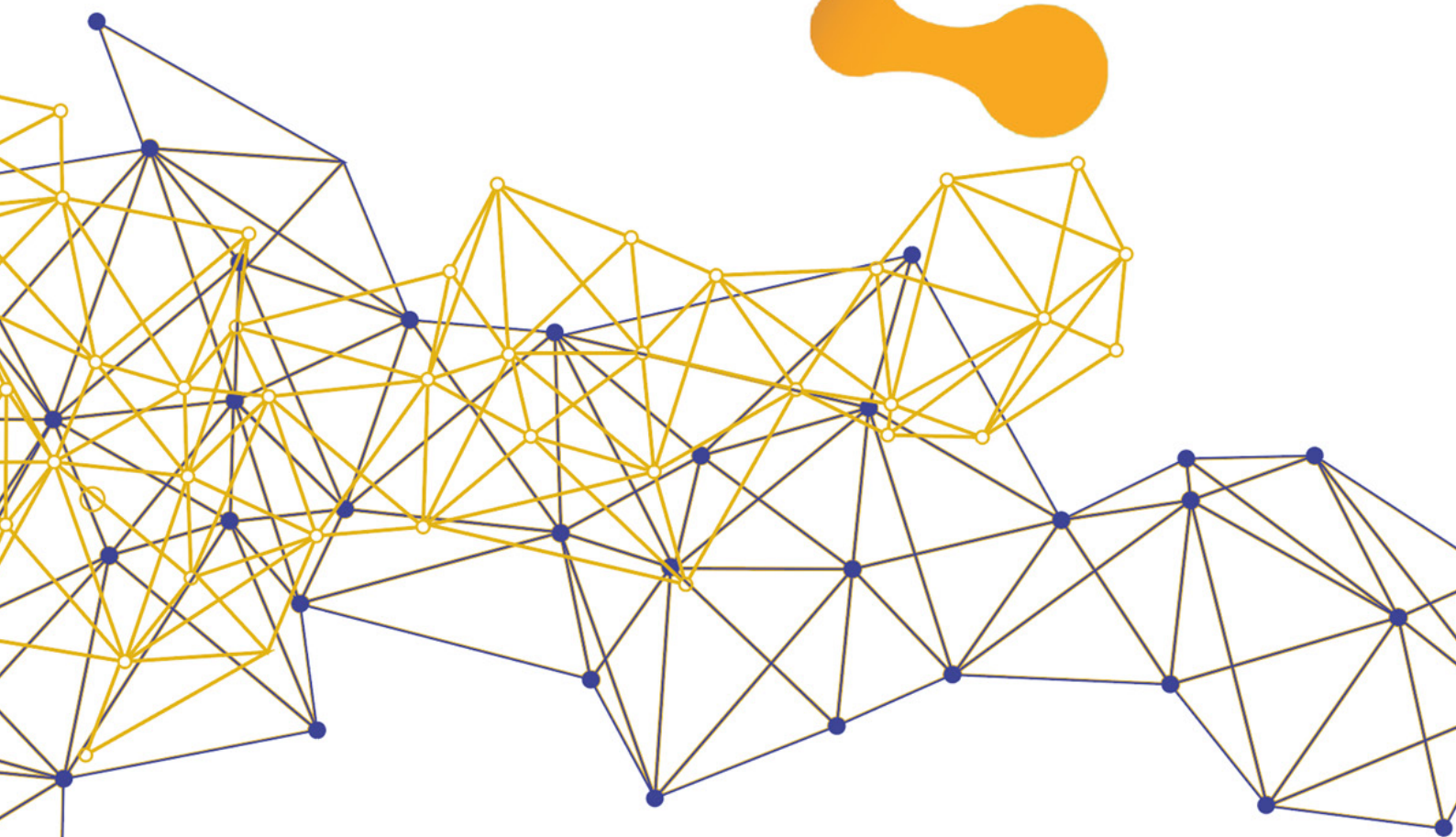
When you spend time on social media, you can experience FOMO - The Fear of Missing Out. When we see others posting the highlights of their lives online, it can sometimes make you feel sad or excluded. When you feel that you are experiencing FOMO, you can try some of these tips to improve your mood and wellbeing:

- **Focus on what you have**
- **Keep a journal**
- **Spend time with your friends**
- **Live in the moment**
- **Have technology-free time**

FUN ACTIVITY FOR YOUNG LEARNERS

FOMO can sometimes make you feel left out, disappointed or upset. It is important to recognise what different things can make you feel in order to look after your wellbeing. Complete the activity below by colouring in the pictures that you enjoy doing. Discovering things that make you happy and partaking in these activities can help you to feel good and eliminate FOMO from your life!





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