



How to use the activity plans:

Each activity, apart from the introduction presentation, has a plan for you to follow, a powerpoint presentation and list of materials needed for the session.

Some activities recommend handing out materials during the session so it is advised to spend roughly 15 minutes prior to prepare.

Below is an example activity plan schedule, however, it is up to you how much you think the group you are supporting will benefit from the activities.

Example activity plan schedule:

Week 1: Introductory presentation & An introduction into AI activity (40 mins)

Week 2: Living Better activity (40 mins)

Week 3: Product development activity 1 & Product development activity 2 (40 mins)

Week 4: Product development activity 3 & finalise your application form (40 mins)



Theme 2: Living better

Learning objective:

This activity aims to provide young people with an understanding of the second challenge theme which is about how technology can help us to live healthier lives. In particular this theme may be of interest to groups as it could encompass issues like mental health.



Time:

- 35-40 mins

Materials needed:

- Theme 2 living better presentation
- Living Better information sheet
- Idea generation materials (whiteboard, pen/pencils, A3 paper, post-its)
- Design thinking template

Slide 2:

Explain that there has been huge leaps and bounds in using technology to help us live healthier lives, but that we are also faced with ongoing challenges, this can be both physical and mental.

Ask the participants to split up into small groups of 2 or 5. Hand out post-it notes, and ask them to write down at least 3 answers to the Q. What do you think are some of the challenges we have when trying to live healthier lives?

If groups are struggling for ideas then you might want to provide some of these ideas to get them thinking:

- *Mental health - Mental health (e.g. stress, anxiety) problems are common, with 1 in 6 adults reporting a common mental health disorder, such as anxiety, in the last week. Problems can often be hidden, stigma is still widespread, and many people are not receiving support to access services.¹*
- *Physical activity - Only 18% of children and young people are meeting the current guidelines of taking part in sport and physical activity for at least 60 minutes every day. Obesity is a common problem in the UK that's estimated to affect around 1 in every 4 adults and around 1 in every 5 children aged 10 to 11.²*

1. Mind 2017 [ONLINE]: <https://www.mind.org.uk/media/34727125/facts-statistics-2017-pdf-version.pdf>

2. NHS 2019 [ONLINE]:

<https://digital.nhs.uk/data-and-information/publications/statistical/statistics-on-obesity-physical-activity-and-diet/statistics-on-obesity-physical-activity-and-diet-england-2019/part-5-adult-physical-activity>



- *Healthy ageing (Dementia, osteoporosis) - Over four million (or 40 per cent) of people in the UK over the age of 65 have a limiting long-term health condition, such as diabetes, heart disease, respiratory disease, cancer, arthritis and dementia.*³

Using a clear wall or whiteboard ask groups to share their ideas one group at a time by sticking them up at the front - grouping similar ideas together to start to create themes.

Once this has been completed summarise the key ideas which the groups came up with and hand out the Living Better information sheet.

Slide 3:

Explain that the challenge for this theme is: How can we use AI to help catch illnesses earlier, enable us to recover more quickly or help us stay more healthy on a day to day basis?

Ask the group if they need a reminder of what AI is. If yes, show the what is AI video using the link on slide 3.



Slide 4:

Take participants through the two examples or ask them to discuss in their groups about how AI is being used already to answer some of the challenges they have identified around living healthier.

Example 1: AI & X-ray diagnosis

Example 2: Therapy bots

Explain that these are only a couple examples and that participants should not feel limited to these ideas - all ideas are welcome!

Slide 5:

Hand out the templates at the end of this sessions plans to the groups and ask them to use it by starting with a problem or challenge that was identified in the first exercise, e.g. older people needing to keep up to date with new skills in the workplace.

They can then work through the different questions using the case studies and other resources to help them think about ideas. Encourage groups to use the case studies as examples but not to feel limited to these - all ideas are welcome no matter how different!

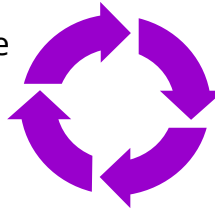


Slide 6:

To close the session ask one of the group members take home with their templates and any notes they made about their ideas.

Explain that over the next few sessions they will get the opportunity to continue to develop their ideas further so make sure they bring them with them next time.

Step 1: Observation (What issues are there to be solved?)



Step 2: What's the story? (How do you feel about those issues?)

Step 4: Planning (How you can turn your idea into reality?)

Step 3: Generate ideas (Work as a team to submit the best idea!)

Remind them that there are lots of fun and useful resources available to them through the prize at <https://longitudeexplorer.challenges.org/> which can help them develop their ideas further.

What is the challenge/problem? <i>E.g. Older people need extra help with day to day activities.</i>	What is needed to solve the challenge/problem? <i>E.g. Someone or something to help older people with day to day activities.</i>	How can AI help? <i>E.g. Machine learning: AI can learn to do specific task without human instructions.</i> <i>E.g. Natural language processing: AI can be used to help a computer understand human language (speaking or writing)</i> <i>E.g. Image recognition: AI can be used by a computer to see what is happening in images/videos</i>	What are the risks? <i>E.g. If a computer takes over some of the caring tasks for older people, who is still responsible for the care of these individuals (doctors/nurses? family?)?</i>	Your idea!