



Module One

Getting to Know Your Device

1

Today's Agenda

Module One | **Getting to Know Your Device**

- Introductions and Housekeeping — 10 mins
- *What Devices Can Do for Us* — 10 mins
- *Getting to Know Your Tablet* — 15 mins
- **Let's Practice:** Gestures and Touch — 15 mins
- **Break** — 5 mins
- **Let's Practice:** Icons and Symbols — 10 mins
- Everyday Tools Practice — 15 mins
- Wrap-up and Reflection — 10 mins



Introductions

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Before we dive in, let's get to know one another a little bit better. Please share:

- Your name
- Something you enjoy doing in your free time
- One thing you hope to learn or feel more comfortable doing



Group Guidelines

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- Be **respectful** of **each other** and **everyone's privacy**
- Be **kind** and **supportive**, including **taking turns talking** and **listening**
- Honour **Confidentiality** – take what you learn but **leave the names behind**
- Unless asked, try **not** to **offer advice**
- **Participate** in the way that **works best for you**
- **There are NO stupid questions!!!!!!**

Have fun — we're all learning together!

Today's Goals

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Today, we are going to
explore our devices together!



We will be covering how to:

- ✓ Turn a **device on** and **off**
- ✓ Use basic **gestures** like **tap**, **swipe**, and **zoom**
- ✓ Recognize common **icons**
- ✓ Use **everyday tools** like the **clock** to set reminders

Things to Remember

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- ☐ **Don't expect perfection** –
we're all learning together
- ☐ **Take breaks**, step away *whenever you need to*
- ☐ Questions are ***always welcome***
- ☐ Learning ***takes time***

What Can We Do With a Digital Device?

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- **Connect** with people (calling, texting, video chatting)
- **Stay organized** (reminders, calendar, notes)
- **Find information** (maps, directions, searching)



What Can We Do With a Digital Device?

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- **Be creative** (photos, music, drawing)
- **Take care of ourselves** (medication reminders, calming music, tracking appointments)
- **Access support** (online groups, mental health resources)



Discussion:

What Would *You* Like to Learn?

What's **one way** you'd like to **use a device** in your **daily life**?

- ✓ **Checking the weather** before going out
- ✓ **Listening to music** or a podcast
- ✓ Using **maps** to find a new **location**
- ✓ Setting **reminders** to take **medications**
- ✓ **Taking photos** of things that **make you happy**



Meet Your Tablet

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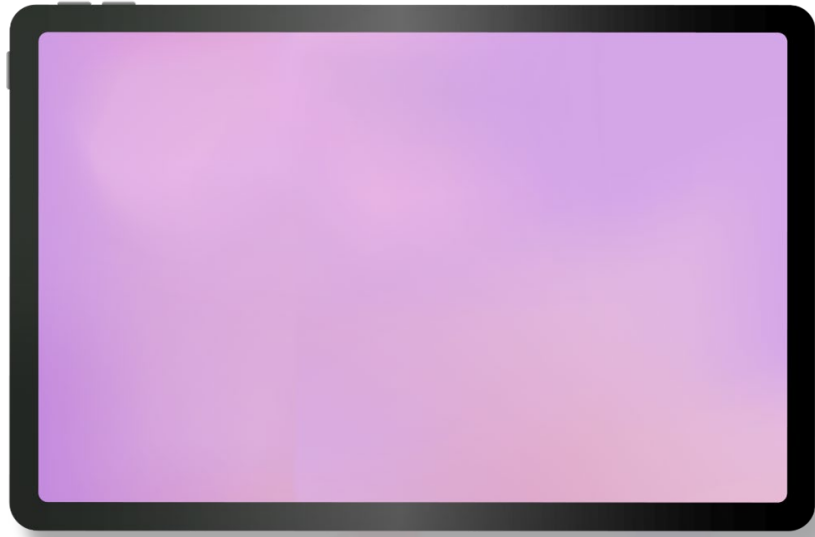
We'll be working with **Lenovo tablets** in this program, but *most of the same features apply* to **smartphones** and **laptops** too.

Let's get familiar with the tablet you'll be using for **DOORS**.



Parts of a Tablet

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Let's take a quick tour of your tablet:

Front: Screen (where you touch), camera, speaker

Sides: Volume buttons, memory card slot

Top: Power button

Bottom: Charging port, headphone jack

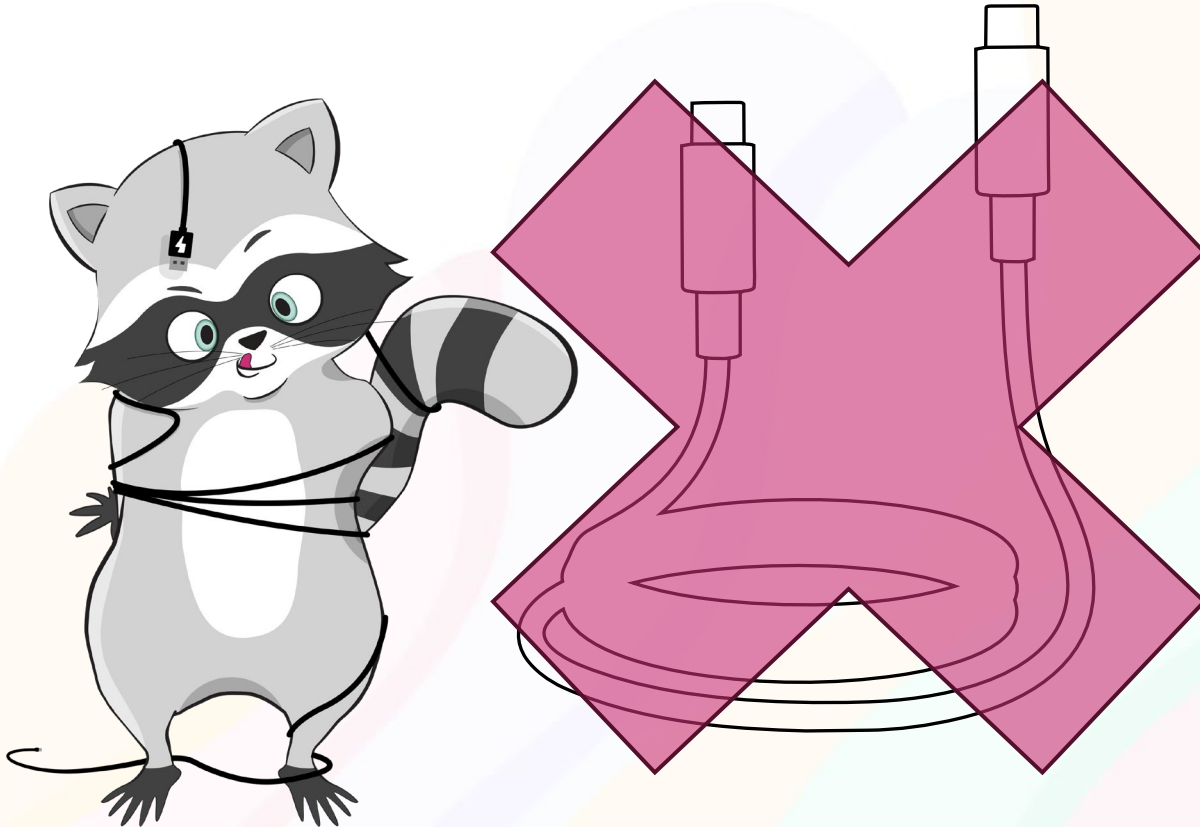
Cables & Charging

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Your tablet needs power to work.

The Lenovo K11 tablets we're using in this program charge with a **USB-C cable**.

- **One end** plugs into the **tablet** (bottom)
- The **other end** plugs into a **power outlet**
- **Both ends are the same**

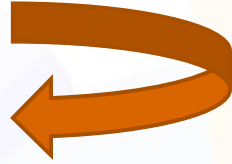


Let's Power On!

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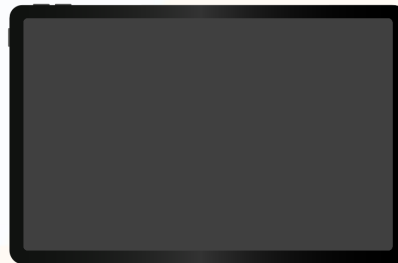
Everyone turn on your tablet:

1. Find the power button (on top)



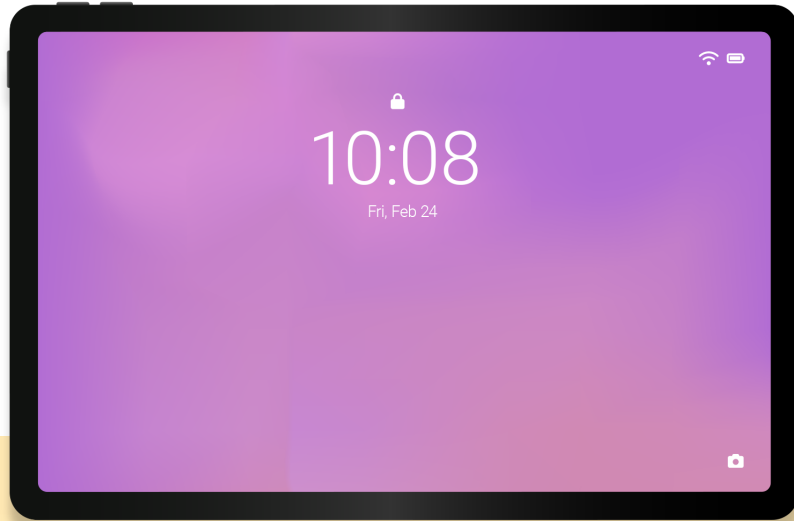
2. Press and hold it for a few seconds

3. Wait for the screen to light up



Lock Screen vs Home Screen

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When your device first wakes up, you see the **lock screen**. It shows things like: the time, date, and notifications.

Think of it as your **front door** – it lets you in but **keeps strangers out!**



When you **unlock your device**, you see the **home screen** where **your apps live**. This is where most of the action happens.

This is your living room – it's your **main space** for **everyday activity**.

Using Touch & Gestures

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Smart devices
work by touch.



Every **movement**
you make
on **the screen**
is a **gesture**.

It's how we "talk"
to our devices.

Basic Gestures

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Tap

| **Touch once** quickly (selects something)



Double Tap

| **Tap twice** quickly (zooms or highlights)



Swipe

| **Move** finger **across** screen (changes screens)



Scroll

| **Move up** or **down** a page



Pinch & Zoom

| **Two fingers together** or **apart** (makes things bigger or smaller)



Tap & Hold

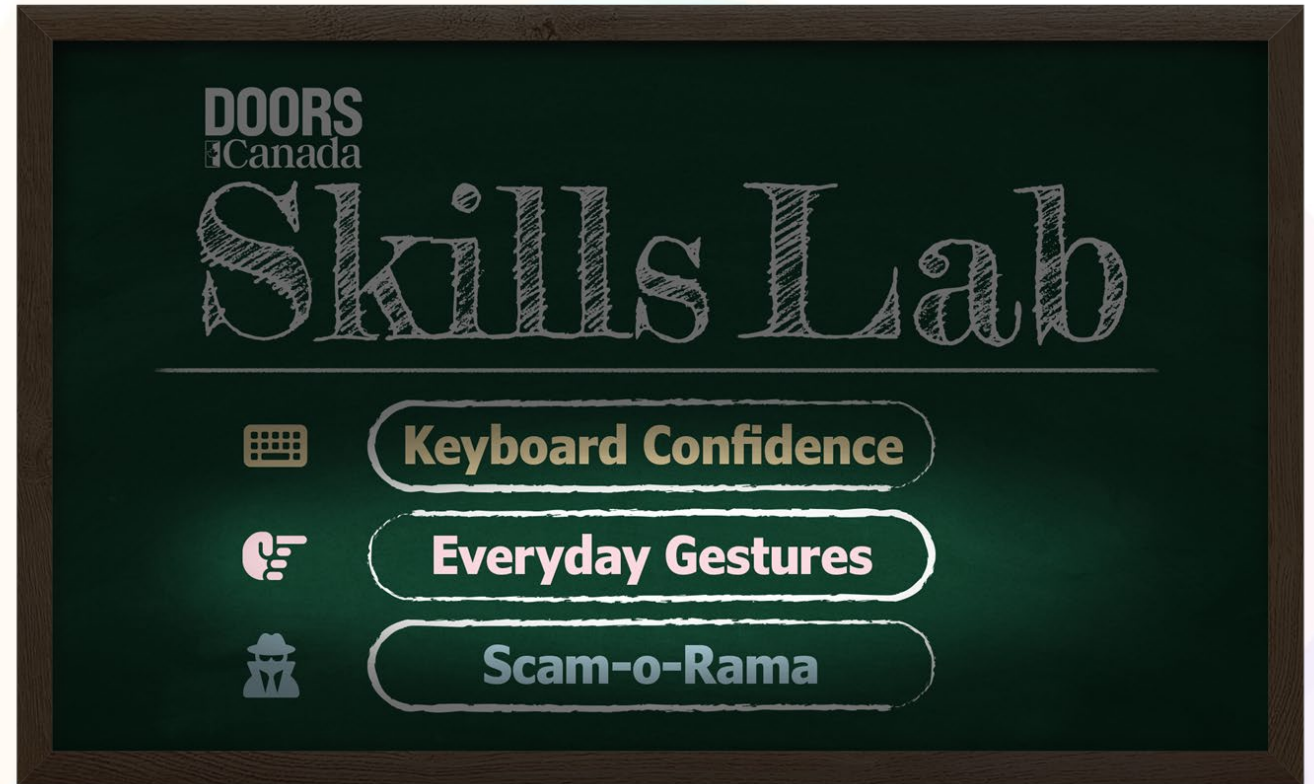
| **Touch** and **keep finger** on screen for a **few seconds** (opens options)

Practicing Gestures

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Now it's your turn to practice!

Open the **DOORS Canada Skills Lab** app on your tablet and tap on **“Everyday Gestures”**





Reflection: **Gestures**

Which **gestures** felt **easy**?



Which felt **difficult**?

It's **normal** for some gestures to feel awkward at first.



The **more** you practice, the **more natural** they become.



Take **10 minutes** to stretch, get water, take care of yourself etc.

Icons: A Universal Language

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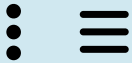
Recognize it once. Use it anywhere.

One of the first steps in digital literacy is learning to recognize icons. Icons are the small images that guide you through apps, websites, and devices.

- **Icons** are **little pictures** that tell us what we can do.
- *Pro-tip:* Many of the same **icons appear everywhere** – on your **tablet**, your **phone**, **websites**, and **apps**.
- Once you learn what an icon means, **you'll recognize it no matter where you see it**.

Icons You'll See Everywhere

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Icon	Name	Description
	Three Dots / Hamburger	Shows more options or additional settings
	Close / Cancel	Closes the screen or app without saving
	Magnifying Glass / Search	Magnify or zoom-in on something – or – search for something
	Undo / Return	Go back to the last page or undo last step
	Settings	The menu where you change how your device looks or works
	Pencil / Edit	Edit, write or change something that already exists
	Trash Can	Delete something
	Plus / More	Add or create something new

Activity: **Icon Scavenger Hunt**

Let's practice **identifying icons** together.

Use the **handout** to match **each icon** with **its meaning**.

Trust your best guess, we'll review as a group

Everyday Tools

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Android tablets come with built-in apps that you can use **right now**.

- **Camera:** Takes photos
- **Calculator:** Do math
- **Clock:** Set alarms and timers
- **Maps:** Find directions



Discussion:

Self-Care & Your Device

How could these tools **help with self-care**?

- ✓ **Camera:** Capture happy moments or things you want to remember
- ✓ **Clock:** Reminders for medication or appointments
- ✓ **Calculator:** Budget tracking
- ✓ **Maps:** Find your way to new places safely

Is there anything else you can think of?



Things to Remember

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It's All **Good**. You've Got This.

- ☐ You can almost *always* **undo** something
- ☐ You can almost *always* **swipe back**
- ☐ You can *always* **restart**

Today's Achievements

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You did a lot today!

Let's take a moment to recognize what you've accomplished in today's module.

Today, **you achieved** the following:

- ✓ **Powered up** a tablet
- ✓ Used **gestures** like **tap**, **swipe**, and **zoom**
- ✓ **Recognized icons** that work *everywhere*
- ✓ Set an **alarm**

Wrap-Up & Reflection

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What's **one thing** you **learned** today that **felt new or surprising**?

What's **something** you **learned** today that **you want to practice more**?

Remember: Learning technology takes time. **You're doing great!**

Looking Ahead

Module Two | Navigating the Internet



See you April 2nd at
1:00!

Next Week: The Internet!

Here is a look ahead at **Module 2**.
We'll learn:

- ❖ How to **type** on the **keyboard**
- ❖ How to **connect** to **Wi-fi**
- ❖ How to **search** the **internet**