



360° video information sheet



Co-funded by the
Erasmus+ Programme
of the European Union

Introduction

The videos that were created as part of the family skills project represent a tool for in-depth analysis of some parenting issues starting from the vision of a scene/situation in which the participant can immerse themselves.

These are different situations in which the parent will take the point of view of one of the protagonists from time to time.

Immersive virtual reality videos are structured in two parts. The first is the scene seen from the outside, the second is the continuation of the scene seen from the point of view of a protagonist which varies from time to time.

It is important to introduce the parent to what will happen so that they can best enjoy the immersion in the video.

For this reason, some introductory sheets have been prepared for each video with some indications. We recommend that each trainer view the video and then think about its use during the training course.

The parent will be able to put themselves in the shoes of a child, witness scenes, listen to noises. The content serves to integrate training by offering additional experiential stimuli.

Frame this link to go to the list of our videos:



https://www.youtube.com/playlist?list=PLOP_5CKgM6JilQtwGYH0b396aGsU_tptd

How to use videos?

Questions to ask yourself

- *How does a child feel in a similar situation?*
- *What was his experience?*
- *What emotions emerged?*
- *What could be done to avoid making the child invisible?*

Other reflection questions concern personal experience.

- *Thinking back to your experience in the VR situation, how did you feel?*
- *What emotions did you mainly feel? Can you describe/name them?*
- *Can you define your emotions towards mom and dad?*
- *Are there differences between the emotions that your father arouses in you and those aroused by your mother?*
- *What would you have liked to hear in that situation? What could have made you feel better?*
- *In your opinion, how could the situation have been resolved?*

Wear your headset

We recommend wearing the headset while sitting or in a static situation.

THE INVISIBLE CHILD

It is an ordinary day within a family made up of two parents and a child. The scene begins with the father's arrival at home, while the son is in the living room waiting for lunch time. A discussion will follow between the parents which will be attended by the child.

The viewer will see the video from the child's point of view, he will be able to move his head, turn his head, listen to voices. The child is always present in the room...

This video aims to make the viewer experience the feeling of isolation, distance, estrangement that can sometimes occur during a family conversation. This is a typical situation. In particular, the viewer will be able to observe an "argument" between the parents, as if he were the child present in the room.

Video can be used to talk about conflict, communication, relationships, emotions.

THE SHOP

A mother enters a clothing store with her small child in a pram. While she chats with the shop assistant the child stays calm. Suddenly the mother receives a phone call and leaves. The sales assistant thinks she can entertain the child by trying to talk to him... but the result is that the child starts to cry and the mother will have to run to comfort him.

The video intends to highlight the perception of the small child, aged around 4 months. At this stage the child does not have a clear perception of colors and sounds are also perceived in a distorted way, especially if they are loud and accentuated. He recognizes familiar voices, by which he feels reassured. He needs contact with the reference figure.

The video aims to highlight how often, unintentionally, disturbance or annoyance can be caused to the child's basic perceptive level. The child feels "attacked" if the voices and sounds in his direction are too insistent, he feels lost if the voice speaking to him is not familiar. He is obviously not used to being alone with strange figures, nor to rationally understanding the explanations that can be given to calm him down ("I was on the phone with my dad...")

Furthermore, he has a partial perception of colours, he can clearly perceive only some shades (red and green) while the other colors are uniform and tending towards grey. All this confuses him and generates a need for security.

The video helps us to understand the sense of confusion and "abandonment" in a child of this age (the point of view is his), but also to reflect on the difficulty and embarrassment of adults in relating to newborns.

SMART WORKING

The video highlights a typical situation in which work and family come into conflict in an individual's life. During an afternoon of smart working, a father takes his child to the park, but suddenly he is forced to leave the park to complete a work delivery, interrupting the game and trying to convince the little one that it is time to go. The latter protests vehemently and the father tries to confine the clash, also to avoid embarrassment in front of the people present. The point of view is that of a teenager looking at the dynamics from the outside. Observe a father who loses control and a child who goes into crisis...

AT THE SUPERMARKET

A mother and her 6-year-old child are together at the supermarket, intent on shopping. The mother lingers on her cell phone with a phone call of pleasure, in the meantime the child tries in every way to attract her attention, picking up snacks and other products more congenial to him from the shelves. His mother absentmindedly denies him purchases and even attention, to the point of

categorically forbidding him a lollipop that he cares about so much. The child falls into desperate and inconsolable tears, the impatient mother scolds him and at the same time pities him in the eyes of the market sellers. The point of view is that of the child.

Leaving school (minimizing and empathy)

Gaia leaves school sulking and crying. When her mother asks her what happened, she explains that an older child slapped her and pushed her violently. He was big and angry. Gaia is very hurt...

The video presents two options: an option based on empathy and acceptance and an option based on minimization. The two maternal attitudes are contrasting and offer the possibility of observing different perspectives. The point of view is that of Gaia.

emotional reading

It's evening. Before going to bed, Massimiliano joins his mother in the living room, he wants her to read him a story, perhaps his favorite. This routine experience in all families with young children can reveal different backgrounds and develop in different and unexpected ways. The observer is responsible for reflecting on methods and outcomes.

The bedroom

The video proposes a typical situation in which a 3-month-old baby wakes up in his crib and his mother accompanies him during the awakening. The baby emits small, faint sounds, while the mother entertains him by humming and chatting with insistent and high-pitched sounds, quickly moving colored objects in front of his face, but also at a distance. The child is very small and can only distinguish shapes and some colors from short distances. His vocabulary is still too rudimentary, so he perceives sounds and tone, but does not understand linguistic detail.



Co-funded by the
Erasmus+ Programme
of the European Union

Family Skills 2020-1-IT02-KA204-079081
Erasmus + Strategic Partnerships for adult education

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.