



Co-funded by the  
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# ONLINE ACTIVITY 3

**Training 7 minutes each day**



Pictograms: ARASAAC (<http://www.arasaac.org/>)



## ONLINE ACTIVITY 3

Training 7 minutes each day



The trainer has already designed and uploaded the online session to the e-Training platform. Things to be done online:

Trainees must read and download, (if they want), the training materials (PPT, Word document, complementary readings, practical activities, etc.) for Topic 8.

By using the App proposed, **Training in 7 Minutes**





## ONLINE ACTIVITY 3

### Training 7 minutes each day



By using the App proposed, **Training in 7 minutes**, each trainee, alone or with the help of his or her supports, will perform the next tasks (it is suggested that this can be done at home with relatives or in the centre with professionals or in a supported house if available).

- Download the App in its own device.
- See the Video Guidelines App\_Training in 7 minutes.
- Select a basic routine of exercises to performed during one week and start controlling the results and indicators of the App.
- Make some screenshots of the results obtained and uploaded them in the training platform.



## ONLINE ACTIVITY 3

Training 7 minutes each day



### Duration:

- The time needed to perform the tasks during one week, always before the next F2F session.

### Tools:

- Access to the App through device (smartphone, tablet or, computer)
- Training materials available in the training platform.
- PPT 3\_Online Activity 3.
- Video Guidelines App\_Training in 7 Minutes