

HAVYN PRESENTS

THE SKILLS SQUAD

SHIELD: THE INFINITE GAME

EPISODE: ONE MORE LEVEL



SKILLS. REAL CHOICES. REAL LIFE.

ha

havyn
for growing minds

havyn Summer Challenge

Week 1

Build the digital skills that help you pause, think and choose well online.

Summer 2026

Meet the Skills Squad

Six digital skills. Six weeks. One small challenge at a time.

Six weeks · six superpowers



We're Vinnie, Vera and the Skills Squad.

Our mission is to help you build the real-life skills you need to thrive in a digital world, one small challenge at a time.

Who's your Skill Guide?

Each guide has a superpower to help you make smart choices online and in real life.



Shield

Digital Safety & Boundaries

I help you pause, notice the pull and choose what matters.

Week 1



Emi

Emotional Regulation

I help you understand your feelings and look after your mind.

Week 2



Link

Healthy Friendships Online

I help you build kind, positive connections online.

Week 3



Tempo

Finding Focus

I help you find balance in your time, attention and tech use.

Week 4



Codey

Understanding Technology

I help you question how apps, algorithms and AI really work.

Week 5



Artie

Creative Expression

I help you make something of your own, not just consume.

Week 6

Every week you will...

1

Meet a new Skill Guide

2

Complete a simple challenge

3

Have a conversation that matters

4

Unlock a badge and level up

**Small choices today.
Big superpowers tomorrow.**

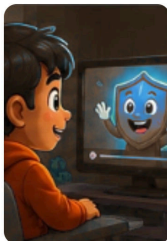


Your Mission Flow

One small mission. Five simple steps. Big skills for life.

Every week

1 Watch



Watch or read the episode.

Meet your Skill Guide and discover the mission.

2 Try



Try one fun activity together.

Small steps help big skills grow.

3 Talk



One conversation that matters.

Ask, listen and learn from each other.

4 Shift



Try one small habit during the week.

Little shifts today create big change.

5 Level up



Celebrate and unlock your badge.

You've levelled up your real-life skills.



Small choices today.
Big skills tomorrow.

TIME

Around 20 min a week

TOGETHER

For the whole family

PACE

No pressure, just progress

You've got this!



Want to learn more?

Tips, guides and more for parents and carers.

havyn.online →

YOUR MISSION BRIEF

Agent Shield needs your help.

Some games are built to keep you playing.

That isn't because you're weak. It's because they're designed that way.

This week your mission is simple...

▣ Spot the trap.

▣ Pause.

▣ Choose what happens next.

Every time you do... you're levelling up real-life skills



Shield

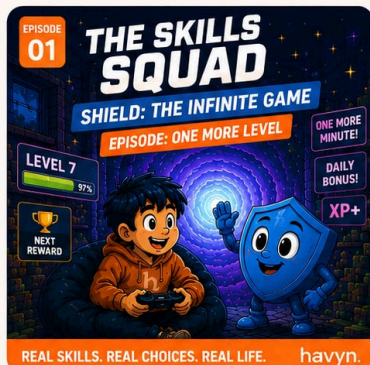
pausing, protecting and
making intentional choices

BOUNDARY SETTING

Know when to pause.

Notice the pull.

Choose what matters.



Notice the loop, choose your win.

- 1 Notice it** "One more level" is the pull
- 2 Name the loop** Streaks, XP, daily bonus
- 3 Pause** One breath before the next tap
- 4 Choose** Real life up, level up

Join the challenge havyn.online/challenge

1 Read or watch

Enjoy the story together.
Watch on Instagram
[@findyourhavyn](https://www.instagram.com/findyourhavyn)

2 Try

Spot one reward loop in a game you play this week.

3 Talk

Which game is hardest to stop playing? What makes it hard?

4 Shift

Agree a pause signal together before the game starts.

5 Level up

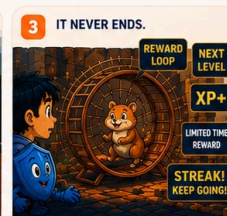
Unlock your Week 1 badge and celebrate your progress.



Noah is deep in Minecraft. Level 7. So close to Level 8.



Shield appears inside the game.



It's a loop designed to keep you going.



You're not weak. The game was designed so stopping feels hard.



Pause. Take a breath. Choose what matters.



More time for real life. That's the ultimate win.



TRY Spot the Trap

⌵ Reward Loops

⌵ Limited-Time Offers

⌵ Keep Playing

⌵ Player Power

Reward loops are designed to keep you coming back. Daily rewards, XP, streaks and "one more level" prompts all encourage you to keep playing. Once you know how they work, you can spot the pull, pause, and decide what happens next.

This can look like...

- Daily login rewards
- XP bonuses
- Streaks
- Next level prompts
- Mystery rewards



⌵ Reward Loops

⌵ Limited-Time Offers

⌵ Keep Playing

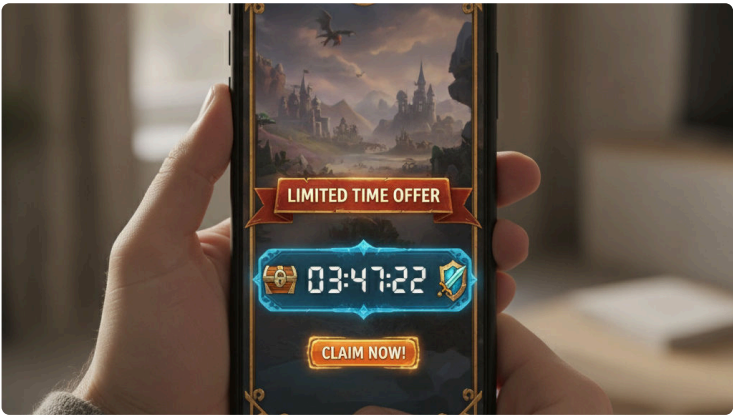
⌵ Player Power

When something says "Only today!", "Limited time!" or shows a countdown timer, it creates a fear of missing out. These scarcity traps make decisions feel urgent, even when they don't need to be. They are TOO good to be TRUE.

Taking a moment to pause helps you choose, rather than react.

This can look like...

- Limited-time skins & packs
- Flash sales
- Countdown timers
- Exclusive rewards



⌵ Reward Loops

⌵ Limited-Time Offers

⌵ Keep Playing

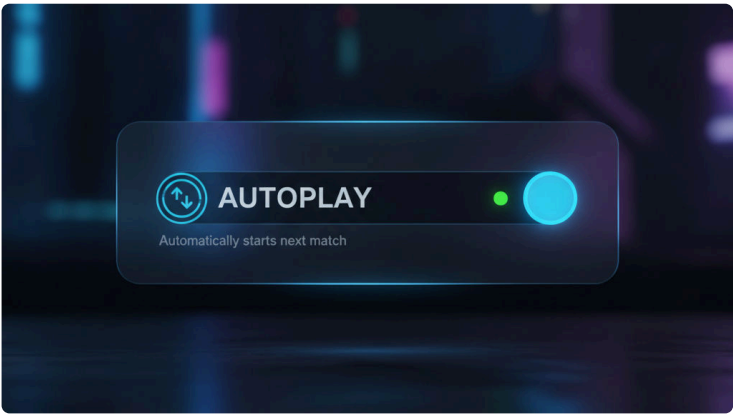
⌵ Player Power

Great games are built to keep you focused. New goals, quick rewards and constant challenges can make time disappear without you noticing.

Learning to recognise these moments helps you decide when it's time for a real-life break.

This can look like:

- Auto-starting the next match
- Endless levels
- Constant missions
- Progress bars
- "Almost there!" messages



⌵ Reward Loops

⌵ Limited-Time Offers

⌵ Keep Playing

⌵ Player Power

Knowing how games are designed doesn't mean you stop playing.

It means you play smarter.

Real player power comes from choosing when to start, when to pause and when to stop.

You're in charge, not the game.

Remember you have the power to:

- ✓ Notice the pull.
- ✓ Pause for a moment.
- ✓ Choose what matters.
- ✓ Level up in real life too.



TALK

⌘ Superpower: Notice, Pause, Choose

Every great player learns to spot the pull before making a choice.

Take a minute to talk together.

What did you notice?

⌘ Which rewards have you seen before?



Have you ever...

⌘ Stayed because you were almost at the next level?

⌘ Waited for a reward to unlock?

⌘ Wanted to keep your streak going?

If you answered **yes** to any of these...

You've just spotted your first reward loop.



SHIFT: This Week's Family Habit

Every time someone says

"One more minute..."

Everyone pauses.

Take one breath.

Ask:

"Am I choosing this, or is the game choosing for me?"

Even if you decide to keep playing...

You've practised Shield's superpower.





SHIELD'S SUPERPOWER

Notice. Pause. Choose.

Games can suggest what to do next.
You get to decide.

Every time you notice the pull,
take a breath and choose what matters,
you're strengthening your
real-life superpower.



What could Shield help
you notice next time?



This is how we build skills
that last a lifetime.



Watch
the story



Try
an activity



Talk
together



Shift
one habit



Level Up
and earn
your badge!





SHIELD'S TOOLKIT

Simple ways to protect
your time and yourself online.

PROTECT YOUR INFORMATION



Some things belong
only to you.

- Home address
- School
- Passwords
- Location
- Real name
(depending on context)

SHARE WITH CARE.

AGE RATINGS HELP PROTECT GROWING BRAINS



Ratings aren't there
to stop fun.
They help match
games and content
to your age.

PLAY SMART.

TELL A TRUSTED GROWN-UP



If something makes
you feel worried,
scared or uneasy,
tell a grown-up
you trust.

YOU ARE NOT ALONE.

CHECK YOUR SETTINGS



Make your app
and privacy settings
work for you.

YOU'RE IN CONTROL.



Little choices today = big protection tomorrow.



MISSION COMPLETE!



YOU UNLOCKED

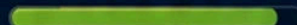
SHIELD

SKILL: BOUNDARY SETTING

SUPERPOWER: I CAN CHOOSE.

Know when to pause.
Notice the pull.
Choose what matters.

XP EARNED



WEAKNESS DEFEATED

Reward loops,
autoplay and
"one more level".



YOU'RE NOT JUST PLAYING THE GAME. YOU'RE IN CHARGE OF IT.



NEXT ISSUE

MEET...

EMI

MASTER OF BIG FEELINGS



Coming next week...

Why do some apps leave us feeling
grumpy, worried or wired?



★ LEVEL UP!

Mission Complete

You unlocked your first digital superpower:



Notice. Pause. Choose.

Every small choice helps build confidence, balance and healthy digital habits.

Coming next week...

The Skills Squad is just getting started.
New adventures, new skills and new challenges
are waiting for you!

Keep the adventure going!

The Skills Squad is just getting started.

Visit **havyn.online** for:

- ▣ Parent guides and conversation starters
- ▣ Digital skills for every week of the challenge
- ▣ New adventures with the Skills Squad
- ▣ More free family activities released each week. Stay tuned for our Summer Challenge Family Tech Pact loading soon...

➡ <https://havyn.online>



Six digital skills



Six weeks



Built for families

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<https://doc.storydoc.com/qoM124>



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