



Name: \_\_\_\_\_

Class: \_\_\_\_\_ Date: \_\_\_\_\_

## A Flipbook: From FOMO to JOMO!

An activity of "Tee and Boba".

Read the comics, "Tee and Boba" (page 28, *What's Up* August 2025). At first, Tee and Boba were very disappointed when they realised they had missed the National Day parade. Then, when they found a different kind of party to join, they went from FOMO to JOMO!

Sometimes we miss out on something we were very keen on, like a party, a trip, or being selected for a team. We may feel sad or disappointed. We imagine how much fun other people are having without us. As a result, we may experience a Fear of Missing Out (FOMO). But, what if missing out on this leads to something better? Then, your FOMO may turn into JOMO (Joy of Missing Out).

1. Think of a time when missing out on something led to something better for you.

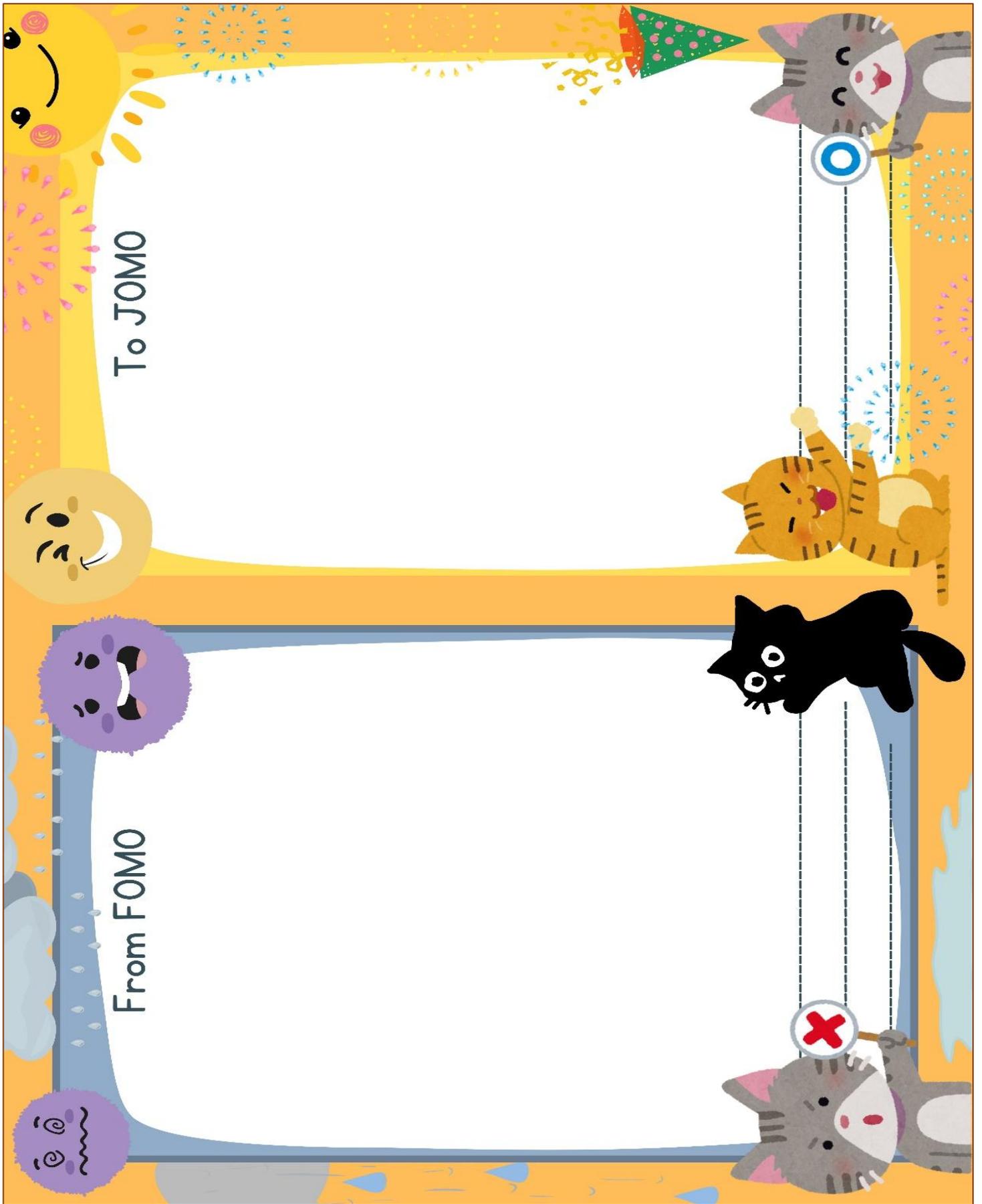
- What did you do instead?
- Was there something good / surprising/ fun about it?
- For instance, did you learn something new, experience something cool, spend meaningful time with someone else, etc?

An example: I couldn't go to my friends' party because I was sick. But, I received a beautiful handmade Get-Well card filled with lovely messages from them.

2. Using the template on the next page, draw out your FOMO on one side and your JOMO on the other side. Describe each in a single sentence. Cut out the template.

3. Compile everyone's cutouts into a booklet titled "From FOMO to JOMO!". Enjoy your class flipbook!

4. Reflect: Did anyone's story in the class flipbook stand out for you? Why? How might these stories help you the next time you experience FOMO?



✂ Cut out this template.