

The Bloom's Taxonomy provided above is applicable to both adult learners and adult educators, but in slightly different ways:

– For adult learners, the taxonomy outlines the learning objectives they should aim to achieve. For example, in the cognitive domain, learners should aim to remember, understand, apply, analyze, evaluate, and create knowledge related to mental health and the use of digital tools. In the affective domain, learners should develop attitudes of receiving, responding, valuing, organizing, and characterizing in relation to mental health issues and group activities. In the psychomotor domain, learners should develop skills of imitation, manipulation, precision, articulation, and naturalization in relation to communication, use of digital tools, and development of learning resources.

– For adult educators, the taxonomy provides a guide for what they should aim to facilitate in their learners. Educators should design their teaching strategies and learning activities in a way that helps learners achieve the outlined objectives in the cognitive, affective, and psychomotor domains. In addition, educators themselves should also aim to achieve these objectives, as they too are learners in the process. For example, educators should also aim to remember, understand, apply, analyze, evaluate, and create knowledge related to mental health and the use of digital tools. They should also develop the outlined attitudes and skills, as these will enhance their effectiveness as educators.

So, while the Bloom's Taxonomy is applicable to both adult learners and educators, it is used in slightly different ways for each.

<b>Cognitive Domain (Knowledge-based goals)</b>		
	Description	Learning Outcome
Remembering	Recall facts about mental health, including common issues, their causes, and potential treatments.	Memorize key facts and terms related to mental health.
Understanding	Explain the importance of self-care and strategies for maintaining physical and mental health.	Interpret and summarize the principles of self-care. Demonstrate and understand different aspects of mental health.
Applying	Use digital tools and platforms effectively for learning and communication.	Apply digital literacy skills to use online resources or virtual escape rooms, digital and other appropriate tools.
Analyzing	Identify problems and develop effective solutions in stressful or challenging situations.	Break down complex problems and develop strategies for solving them.
Evaluating	Assess the progress of learners and the effectiveness of the learning experience.	Make judgments about the value of ideas or materials to improve the learning experience.
Creating	Develop and adapt resources to meet the needs of learners, particularly in relation to mental health and escape rooms.	Create or design a new end product from your understanding.
<b>Affective Domain (Attitude-based goals)</b>		
	Description	Learning Outcome
Receiving	Show awareness and willingness to hear about diverse experiences and backgrounds of others.	Show sensitivity and respect for diversity. Foster empathy and understanding.
Responding	Participate actively in group activities and discussions related to mental health.	Engage actively and contribute to group activities according to his/her abilities.
Valuing	Express understanding and empathy towards others dealing with mental health issues.	Show appreciation and respect for others' experiences and feelings. Realize the intrinsic value of mental well-being.
Organizing	Adjust to new conditions or changes in the environment, which is key for navigating escape rooms and dealing with mental health issues.	Manage changes and adapt to new situations effectively. Learners will integrate their knowledge and beliefs about mental health into their personal value systems, prioritizing the importance of mental health in their lives and communities.

Characterizing	Demonstrate resilience in coping with stress and adversity, and recovering from difficult situations.	Show consistency in maintaining a resilient attitude in the face of adversity. Embody attitudes of acceptance, respect, and advocacy for individuals who need help.
<b>Psychomotor Domain (Skill-based goals)</b>		
	Description	Learning Outcome
Imitation	Observe and replicate communication skills, including expressing thoughts and feelings and active listening.	Demonstrate effective communication skills.
Manipulation	Use digital tools and platforms effectively for learning and communication.	Show proficiency in using digital tools for learning. Practical skills in self-care and stress management techniques (mindfulness, relaxation excersises and physical activities that promote mental well-being).
Precision	Develop and adapt resources to meet the needs of learners, particularly in relation to mental health and escape rooms.	Show accuracy in developing and adapting learning resources.
Articulation	Guide and manage learning experiences for others, particularly in an escape room setting. Gathering feedback and discussing the experience.	Demonstrate the ability to facilitate learning experiences effectively. Gathering feedback and discussing the experience. Articulating personal feelings.
Naturalization	Assess learners' progress and evaluate the effectiveness of the learning experience.	Demonstrate the ability to assess and evaluate learning experiences effectively.