

Change Game

Purpose: to think about how easy/difficult change is and think about our reaction (support, dismissive or neutral) to change. It's a good, light exercise to open up the subject of change.

Time: 15minutes

Preparation: ensure there is enough space for pairs to work together without being too distracted.

Description of Exercise:

- Invite participants to pair up with someone. Pairs can sit or stand, whichever is more comfortable for them, but standing probably works better.
- Ask them to look at their partner, taking in and making a mental note of their partner's appearance, their clothes, how they wear their hair, etc. Allow 1-2 minutes.
- Now ask them to turn back to back and change 10 things about their appearance. Allow 2-3 minutes for this.
- When they are ready, pairs turn back around and in turn identify the changes.
- Once they have 'spotted the difference' wrap up asking a few questions to the group such as,
 - *How was that? Was it easy to spot the differences? Did you spot all 10?*
 - *How easy/difficult was it to decide what to change?*
 - *Did you like any changes that you saw? Did you tell your partner that?*
- Wrap up by pulling together participants' comments with words to the effect that change often seems hard (as in '*Change 10 things about my appearance?! 10?*') but once you make the first change the next one, and the one after that comes more easily.