



Can You Spare Some Change?

TYPE:

Change

GROUP SIZE:

Any

MATERIALS:

None

INTRODUCTION:

As we experience change, we have varying reactions. This exercise will help us understand the feelings and pressures associated with change. We will also explore the power of creativity and the role attitude has with being a successful master of change.

DESCRIPTION:

Partner group members and instruct them to sit back to back. Tell group members to change 5 things about their physical appearance. After they have completed this, ask them to face each other and identify the 5 things that were changed. Allow 5 minutes for this task. Ask the group how many people identified all 5 things. Repeat this activity by having the group change 7 and then 10 things about their physical appearance. Facilitate a group discussion by using the processing questions as a guide.

PROCESSING:

- How did you feel participating in this exercise?
- How did you feel when you were asked to change 5 things? 7 things? 10 things?
- As you were told to change more things, did it become easier or more difficult? Why?
- How many of you told yourself you couldn't do it?
- What did you learn from this activity?

VARIATIONS:

Group members may experience some difficulty in changing things about their physical appearance during this exercise. The main focus of this exercise is to help group members understand the importance of using resources in their environment, borrowing ideas from each other, and challenging their own creative powers. Attitude or the willingness to embrace a challenge is the most important variable in accomplishing any task.

OUTCOMES:

- To help group members address issues associated with change
- Facilitate effective communication between group members
- Enhance creativity

REMEMBER:

- Introduce the exercise
- Explain it thoroughly
- Process it completely