



The Change Activity

Developed in the field by educators.

Purpose

To build community among participants and provide context for a discussion about change.

Process

Introduce the activity. Invite participants to stand together in a circle. Once the circle is formed, invite them to divide into pairs around the circle. Partners turn to face each other and greet each other.

Invite each pair to turn their bodies and stand back-to-back with one another. Partners then move 2-3 steps apart, remaining back-to-back. Ask partners to be sure that they cannot see one another.

Once pairs are back-to-back and a few steps apart, give this direction, "Change 3 things about your appearance. No peeking." (Or something that lets partners know that they should not look at each other.) (2-3 minutes)

When you're certain that everyone has made their 3 changes, invite pairs to turn back around to face each other and identify the 3 changes each partner has made. (3-4 minutes)

Once each partnership has done this, the giggling has stopped, and folks begin chatting, you can begin a quick debrief.

Debriefing questions might include:

- How was that?
- What did you notice?
- How many of you have already changed things back to how you were? What does that suggest about change?