

CHANGE BACK AGAIN

| Closing Activities | Duration | No. of participants | Short Description | Preparation | Materials |
|------------------------|----------|---------------------|--|-------------|-----------------------|
| Reflection on learning | 15 min | <35 | In pairs participants note changes in appearance | None | Paper and pen for all |

ACTIVITY AIM:

Activity Type: Movement, Reflection

- To provide the participants with room to reflect on what they have learned
- To emphasise how they need to avoid falling into old patterns and methods

HOW:

1. INTRODUCTION TO PARTICIPANTS

Tell the participants to get into pairs and then stand face to face. They now have 3–5 minutes to memorise what the other person appearance. As they do so you can mention that the course is coming to an end, and we will all soon say goodbye, so this will be their last chance to see each other and remember all the things they have done together during the course.

The participants are then asked to turn their backs to each other and change five things about their appearance; e.g. switching their watch from one wrist to the other, loosening their tie, taking off glasses or jewellery, rolling up sleeves etc. The participants should use their imaginations.

After 3–5 minutes the participants are asked to turn face to face again and identify how the other person's appearance has been altered.

2. FOLLOW UP & REFLECTION:

As soon as participants have identified each other's changes they will automatically begin to rearrange their clothes, watches etc. back to the way they were before.

Make participants aware that they are all quickly changing back. Ask questions such as: 'what is happening now? You are rolling down your sleeves, why is that? You are all changing back to the way you were before, why?' Give the participants a chance to answer, and follow up by saying that this is what we do naturally – we fall back into our old habits. The same goes for what we learn – we easily fall back into old patterns and behaviours. Explain that they will have to work hard to remember and implement the new knowledge and methods they have learned in their daily routines.