

Shift your mental landscape

3 steps to the activity realisation



Step 1 – preparation phase

To implement this activity, as a first step, create a list of reasons/brainstorm why young people can benefit from this exercise. Think about why it is important/advisable/healthy for young people to focus on positive emotions and why changing one's perspective allows for personal growth. For the implementation of Step 2 create a handout with 3 columns (negative emotions, positive emotions, lessons learned / skills gained).

Step 2 – activity phase

Briefing:

In Step 2 you can introduce the activity by using your compiled list of reasons created in Step 1. These reflections will help you initiate a discussion with young persons on emotions and why it is important to shift from negative to positive perspectives. This way you can also highlight the value of the exercise (e.g. on whiteboard, as handout, etc.).

Implementation of core activity:

The young people are asked to write down negative emotions/thoughts/experiences (e.g. fears, losses etc.). The participants fill in the columns in the handout with personal examples. In a next step, young persons write down at least one positive thought/emotion/experience for every negative one. Next, young people think about how they managed to overcome negative emotions/thoughts/experiences and what skills/strengths they have gained from this experience. Discuss the young people's examples. Discuss strategies that have helped them in shifting from negative to positive perspectives. Ask them about their self-management techniques that activated a change in their mindset. Do so by discussing examples of good practices.

Alternatively, you can write the columns on a whiteboard. Hand out presentation cards to young persons, have them write down examples according to the columns. The presentation cards are then clustered on the whiteboard.

Step 3 – wrap up phase

To wrap up the activity, have the young people summarise/highlight (orally or in writing) the value of a change in perspective and how reframing one's mindset allows for personal development, but also for society as a whole. Further, provide them with some stimulating reflection questions or statements to take with them. Also, use this step to emphasise that this exercise has to be practiced on a regular basis in order to shift the quality of our mindset.



Type of activity:
Perspective-change exercise

Value of the activity:
It is easy to get consumed by negative energy, influencing our emotions and relationships in everyday life. This activity is designed to strengthen the development of a positive self-image. Focusing on positive emotions and accomplishments can change one's own perspective from negativity to positivity. This exercise helps to regulate emotions and will boost social competence / help manage relationships.



Timing:

Preparation: 30 min.
Implementation: 70 min.
Checking learning progress: 20 min.



Activity follow-up:
<https://peterslattery.com/resources/talking-with-young-people/>



Other value case box components:
It is recommended to implement this exercise in a trustful atmosphere.



Value quoted: