

New groove

3 steps to the activity realisation



Step 1 – preparation phase

During the COVID-19 pandemic, young peoples' opinions differed on many issues. In order for young people to reflect on strategies and techniques they used to deal with those challenging situations, you can implement a role play with them. As a first step, you would think about the topics these people were faced with in this regard. Think about the challenges they might have overcome. Identify situations that could be realistically portrayed in role plays. Next, prepare different roles so that the young participants can carry out role plays in pairs or small groups in Step 2. When designing the role plays, include a problem situation; you might want to consider to also include one role focusing on a positive, the other role on a more negative standpoint. The aim of the role play is for young people to put themselves in the shoes of each role, practicing their ability to understand different mindsets and to strengthen their ability to think outside the box (i.e. problem solving skills). Then, determine the setting and storyline for each role. You can also use props if you see fit. When designing the role plays, visualise the change in mindset you wish to achieve in young people with this activity.

Step 2 – activity phase

Briefing:

Introduce young people to the topic of controversial subjects that arose and were discussed by people and/or the media during the COVID-19 pandemic. Highlight that these controversial topics very often cause negative emotions and influence our relationships in a negative way. Therefore, encourage young people to adopt a positive approach towards challenging issues, focusing on examples and experiences of positive social behaviour. This could be showing understanding for different mindsets, solution-oriented problem solving, reframing ideas and thinking outside the box. Make clear that even if situations seem hopeless at the onset, it does not serve anyone to bury one's head in the sand, but rather stay open for change, because change provides us with the opportunity to grow.

Implementation of core activity:

After the warm-up, introduce young adults to the following brainstorm activity: brainstorm with them, which controversial subjects were discussed by people and/or the media during the COVID-19 pandemic. Further, discuss their experiences and how they approached people, who shared different opinions from them on issues related to the pandemic (bearing in mind the positive solution-oriented approach).



Type of activity:
Role play (with brainstorming activity)

Value of the activity:
This exercise will train the ability to understanding different mindsets (fixed and growth). Young people will learn how to identify problem situations. The focus is on a solution-oriented approach. Thinking skills are enhanced, realistic insights into different mindsets are provided.



Timing:

preparation: 30 min.
implementation: 60 min.
checking learning progress: NN min.



Activity follow-up:

<https://discover.hubpages.com/education/How-to-use-Role-Play-in-Teaching-and-Training>



Other value case box components:

Exercise to be implemented in a trustful atmosphere

Material:

Flipchart

Pens

Props, if needed



Value quoted:

Following the brainstorming activity, introduce the young people to the role play activity. In accordance with the them, assign them with the roles and storyline prepared. Give them a suitable amount of time to settle into their roles and have them prepare their standpoints and arguments. The young adults then conduct the role plays (either individually or they can present them in front of the group). In any case, provide the participants with guidance if necessary.

Step 3 – wrap up phase

After the role play, discuss the findings. Guiding questions for this can be:

- ✓ How did you feel in your role?
- ✓ What did you feel and think about the problem situation?
- ✓ How did you react to the other person's role?
- ✓ Which opportunities did you see in changing the way you approach/solve a problem?
- ✓ Which consensus did you reach during the role play?

Discussing these questions, you can highlight the positive approaches young people employed, when in their role. This way they will become more aware of their positive communication ability. Also, discuss instances, which were challenging in terms of employing a solution-oriented approach. Discuss their suggestions how such situations can be handled in a positive way. Further, reflecting the outcome of the role play and questions will strengthen positive and empathic social behaviour beyond the exercise.



Your notes:

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