



ACTIVITY: 'HOLIDAYS ARE HORRID'

TIME: 15+ minutes

SIZE: For pairs

SPACE: Room for pairs to work

RESOURCES: Topic Cards (p.71 or SenseAbility CD), pens, paper, coin

The aim is for participants to look at single events from different perspectives.

The result should be an appreciation that events can be viewed in a number of ways, and that flexible thinking is very important to Sense of Purpose when dealing with uncertainty.

1. Break the class into pairs.
2. Each pair is given a Topic Card.
3. Each pair flips a coin: Heads = good things; Tails = bad things.
4. Partners now have five minutes to list either the good things or the bad things about their topic. For example, holidays are good because I get to spend time with my family; holidays are horrid because they mean I have to do a lot of chores around the house.
5. At the end of five minutes, allow pairs to see each other's work. Have pairs highlight the five best and worst points about their topic. (Heads the best and tails the worst)
6. Come together as a class for discussion, during which students may choose to share their lists.



DISCUSSION SUGGESTIONS

- Was it easier to think positively about the topics, or critically? Why might that be? What might that say about you?
- Did any pairs come up with the same answer about their topic, albeit from different perspectives?
- Why might it be helpful to have the ability to look at events from different perspectives?
- How is it that one person can see something as bad, yet another will see it as good (e.g. one person may think one aspect of holidays is the worst part, yet another may think that same aspect is the best part)?
- Why is helpful thinking beneficial to a strong Sense of Purpose, particularly when life throws unforeseen challenges at you?
- Brainstorm some real-life incidents where helpful thinking and regarding events from fresh perspectives might be beneficial for emotional and mental wellbeing.