



RESTART!

Sure I can!

Dynamic G5D5



**Diputació
Barcelona**

Àrea d'Educació,
Esports i Joventut



Sure I can!: challenges

Dynamic G5D5



Aims of the dynamic

A
Become aware of personal resources to deal with and steer change.

B
Realise that through small changes they can overcome situations that seemed impossible.

Summary of the dynamic

They will be dealing with an apparently impossible challenge, and realising they have the capabilities and skills to overcome it.

Materials

- Adhesive, post-its...
- A4 paper (opcional)
- Room to show a video (optional)

Session structure

01. Before you start
02. Sure I can! Let's get the dynamic started!
03. Restart! Trip to Bali
04. What do I take away from today?

This dynamic is intended to be conducted over some 60-90 minutes with groups of ten young people. The duration may vary depending on the needs of the group of youngsters and the interest they show. We advise following the pace set by the group. In any event, the more time that can be spent on reflection, the more the youngsters will benefit from the experience.



The atmosphere while conducting the dynamic

To get the most out of the activities, we suggest conducting the dynamic in as pleasant and open a space as possible, preferably outdoors, or at least with natural light. Music may be a useful resource to maintain a positive atmosphere, above all while they are doing activities independently (and especially if the music matches the preferences of the youngsters in your group).

It is important to make sure during the dynamic that no one is forced to go beyond what they feel capable of. In this type of activity sensitive issues for those involved may arise, and in fact that is to be expected. In such cases, reassure the youngster in question by telling them that they do not need to do anything they feel unsure about, and that the aim is for them to enjoy the dynamic.

We suggest some tracks dealing with friendship that you can listen to on the [**Youth Plan Office Spotify channel**](#).



Key concepts

The dynamic addresses a number of concepts which we summarise below.

- **Fear of change:** Fear alerts us to an unknown or dangerous situation. Positively managing this warning helps to activate mechanisms to deal with changes and to approach them as a challenge. Fear can otherwise lead to denial and immobility.
- **Optimism:** A positive attitude, addressing any situation from a can-do perspective. It is the opposite of pessimism, a negative attitude which causes the perception of difficulties and obstacles to predominate.
- **Confidence:** The conviction of being able successfully to manage any situation, with the perception that our own abilities will allow us to overcome the barriers we encounter. This is the opposite of dejection, which amplifies the perception of limitations and obstacles, seeing them as insurmountable.
- **Initiative:** An attitude which addresses a new or unforeseen situation through a desire to seek out feasible alternatives. It is the opposite of passivity, expecting others to resolve things for us.
- **Motivation:** The attitude of wanting to do something. The driver of action. A lack of motivation can lead to passivity.



01.

Before you start

Once you have checked that the group are feeling fine, introduce the dynamic by asking if is there anything they would like to share about last dynamic, in which they recalled things they were unable to do because of lockdown and how they found alternatives, or were able to resume them under the new normality.

Next, explain to the group that they will today work in pairs to do something that seems "impossible", and prove that they can overcome difficulties. Hence the name of the dynamic: "Sure I can!". What they will be doing is to change their appearance, and their partner will have to uncover the changes they have made. These are visible changes! Put your imagination into it!

02.

Sure i can! Let's get the dynamic started!

Before starting the dynamic, hand out stickers and Post-it notes to all the participants (five, for example). Each of the youngsters can use any materials they want from their pencil cases.

- **Begin by asking the youngsters to pair up, face to face.** Tell them that they have 30 seconds to carefully observe their partner and focus on their appearance. After 30 seconds, say "stop".
- **Ask them to turn their back on their partner.** They will have one minute to make THREE changes to their appearance that can be seen. After a minute, say "stop".
- **The pairs turn round to face one another and have one minute to spot the changes in their partner's appearance.** After a minute, or once you see that all the couples have finished, say "stop".
- **Now ask them to turn back to back again and make SEVEN new changes.** Stress that they must be new, and they have to leave the three changes they made at the previous stage in place. They can't change them back until the dynamic is finished. Some of them might complain. To begin with they will undoubtedly be surprised and overwhelmed: "That's impossible!". You will need to encourage them and challenge them to manage it: "Are you sure you can't make any more changes? Remember that it can be anything that your partner can see. Take a good look at yourself and think...". If you see

any of the youngsters become discouraged, stressed or stuck, go over to them and whisper a few suggested changes, such as untying their trainers, putting one hand in their pocket, tying a knot in their T-shirt, spiking up their hair, putting their spectacles on their head, changing the position of their feet... Once you see that everyone is finishing off, say "stop".

- **Once again they turn face-to-face and need to identify the seven new changes that their partner has made.** There is bound to be laughter. You can offer positive reinforcement with messages such as: "Wow! You really have changed! I can see some interesting, original things here... And you said it was impossible? Well you've shown it wasn't, haven't you?". Once all the pairs have finished, say "stop" and ask them to turn back to back again.
- **They will probably be expectant. "What do you reckon? Can you make TEN more changes?"** They have to be new changes. Repeats don't count! Use your imagination!". Some may object. You can remind them that they said it was impossible before, but they still came up with some new changes... Suggest that they listen to the music, look at themselves and their surroundings and let their imagination take over. What changes can you add? Make as many as you can! If you see any of the youngsters become discouraged, stressed or stuck, go over to them and whisper some new ideas for changes, such

as a pen sticking out of their pocket, a sticker on their legs, writing something on a Post-it note and sticking it to themselves, a drawing on their arm, paperclips on their clothes, or anything they could do with the things from their pencil case... Once you see that everyone is finishing off, then say "stop".

- **Now, ask them to turn back face-to-face and spot the new changes that partner has just made.** "Count them up: how many can you list? Remember that the first changes are still there! You need to find twenty differences!".
- **Once everyone has been through their changes, again say STOP and ask them to turn back to back again...** "So, can you make TEN more changes?... Just kidding! Okay, we've finished: a round of applause!".

Reflecting on the dynamic

Before moving on to the reflection stage, ask the group: "How do you feel? Do you like your new look? Please don't undo it yet. Does anyone have anything they want to share?".

There will probably be lots of expressions such as "We found all the changes! That was fun! Look at the state of us!", and you can invite them to take a fun, unusual group photo with all the changes they made (which will not be easy while maintaining social distancing, but this is also an "impossible challenge" that they will overcome today).

The photo will serve as a reminder of today's experience, and to recognise that they have the resources to change things even when it might seem impossible. If you post it on social media, remember to tag us! @joventutdiba #fem_tec

For the reflection, watch Hair Love | Oscar® Winning Short Film

[Sony Pictures Animation, 6:47]

https://youtu.be/kNw8V_Fkw28



This short film shows the difficulties faced by a father and daughter in adapting to the mother's absence.

Invite the youngsters to sit in a circle and ask: "What do you make of the dynamic and the video we watched? What did they inspire in you? What most struck you?" This will probably prompt a more or less fluid conversation, depending on the level of trust created in the context of the dynamic, and the group's conversational habits. If there are no spontaneous contributions, we suggest some questions that would be worth taking into account to guide the dialogue, placing the emphasis on allowing the group gradually to dissect the issues themselves.

1. Do you think there's any link between the story of this girl and the dynamic we did today?

Possible reflections: The characters face an impossible task: combing the girl's hair. With determination, and taking the hair bit by bit, they manage it! In the dynamic they did the same. They gradually added changes bit by bit, and managed to change their appearance. In both cases the key lay in motivation, confidence, initiative and perseverance.

OBSERVATION: The film also includes the loss of loved ones and the fear of illness. Although this



is not planned, if it arises it would undoubtedly be a good idea to talk about it: let the dialogue take you wherever the group needs...

- 2. Did you identify any difficulty while you were doing the dynamic? What enabled you to overcome it?** Possible reflections: Everyone typically begins by taking items of clothing off. This often comes up against the barrier of embarrassment. What will happen if I can't take any more clothes off? What will people think if I do this or that..? This fear can help them to find new possibilities for change. Embarrassment or seeking the approval of others limits us and sometimes prevents us from achieving what we want.
- 3. When did you find it harder to think of new changes, when we went from three to seven, or from seven to ten?** Possible reflections: Most of them will probably agree that it was hardest from three to seven. They may say that all they thought of to begin with was taking off three items of clothing, and then realised there were more options, such as changing their posture, adding objects, drawing on themselves, etc., or drew inspiration from what others were doing. We often imagine there is just one way to overcome a challenge. If we look for other perspectives in tackling it, different responses are more likely to occur to us. To begin with it is more difficult, and little by little we gradually adapt and bring in new changes.
- 4. Can you imagine what would have happened if I had asked you to make TWENTY changes all at once?** Possible reflections: They would undoubtedly agree that it was impossible. When we try to get ahead of ourselves, are forced to come up with an answer straight away, or try to do everything all at once and can't, then we often freeze. It is better to address the challenges step-by-step, to make them achievable.

- 5. When you thought it was impossible, what helped you not to give in and to continue with the game?** Possible reflections: One of the keys to overcoming a challenge is to have an optimistic attitude and the conviction that you can manage it. It isn't enough to know what you want. You also have to have motivation, and as you saw today, to mobilise other personal resources, such as self-confidence, persistence, tenacity, perseverance, patience, creativity, observation, communication...
- 6. Do you think that the lockdown meant a change in the way you experience and see things? How did you feel when lockdown began? And do you now see it differently?** Possible reflections: There may be some comments, in particular regarding how they felt, and perhaps the difficulty of making the changes they would like to their lives or their surroundings. Some of them may also say that "it's always been that way", that "we can't change anything"... It is true that we can't change everything happening around us. Sometimes, such as now, we face unforeseen situations and have to deal with them. This can lead us to discover new opportunities or new ways of approaching life.
- 7. When the dynamic ended, how did you feel? Better than before you started?** Possible reflections: Some will be surprised at how their clothes ended up looking, and we hope that most of them will say that they feel good or better than before they started! We feel good when we dare to push at our limits and overcome barriers, we feel good because we overcame the challenge we set ourselves.

03.

Restart!

Trip to bali



Watch

Trip to Bali

[Pla Jove Diputació de Barcelona, 4:05]
<https://youtu.be/bavE5zr2rCc>

In the video we see how the protagonist's plan gets derailed, and she initially begins to feel down. Over the days, having come to terms with the new reality, she progressively begins to cope and adapt to the change. Which results in her discovering a host of opportunities using her own resources.

Now that you have seen that you can make changes to things that seemed impossible, is there any change you would like to make in your life or in your surroundings, like the girl in the video did? Where would you like to begin? Suggest that the group have a think and, individually or in pairs, note down what they want to change, and where they will begin. Once the pairs have decided on the changes they would like to suggest, they will share them in larger groups (of four or six), and lastly share them with the whole group. As they share their ideas and suggestions, they will undoubtedly become more defined... Some might even be put into practice!

Summing up

Over the last few months we have seen that life means change and movement. Some changes we choose, others come upon us, and others surprise us. We had no choice about being locked down, or all the things that have happened as a result of Covid-19, because that didn't depend on us. What we can do from now on is decide to act in response to unexpected situations. Overcoming it will make us feel good and make us grow as people.

When you find yourself at a dead end, faced with a situation that limits you or causes you unease, you can remember today's dynamic: by accepting the challenge and looking at the problem from a different perspective, you will be sure to find some solution to move things forward.

04. What do i take away from today?

This section is common to all the fem tec! Activities. The aim is to identify the sensations experienced and the lessons learned through the dynamic.

Arrange the group in a circle so everyone can see each other's face. Allow the group to speak, so that they can all, one by one, have their say about what they most enjoyed or what they learned, how they feel, or any other issue they might want to raise.

Simply listen to their responses, without commenting or giving any positive feedback: there are no wrong answers. To conclude, if they had fun or enjoyed how the dynamics went, they should give themselves a round of applause in celebration!

You can also suggest that either individually or as a team they share their impression of today's dynamic via social media, using the hashtag #fem_tec @joventudiba.



Authors:

Montserrat Clotet Masana
M. Teresa Clotet Masana
El Despertador

Translation:

Abalingua Global Solutions, s.l.

Contents and coordination:

Youth Plan Office. Area of education, sports and youth. Barcelona Provincial Council.

First edition: july 2020

Edition copyright: Barcelona Provincial Council



**Diputació
Barcelona**

**Àrea d'Educació,
Esports i Joventut**

Oficina del Pla Jove

Carrer de l'Harmonia 24
08035 Barcelona
Tel. 934 022 556
o.plaj@diba.cat
www.diba.cat