

TIME 5–10 minutes

THE GAME Ask players to find a partner and stand back-to-back. Tell them to change three things about themselves without saying anything (for example, take off your glasses, switch your hair part, or roll up your sleeve). On cue, partners turn around to face each other and try to guess what was changed. Pairs do this three to five times, each time leaving previous changes in place.

GOING DEEPER

- > In what ways do you think change can be positive or negative? Easy or difficult?
- > In what ways does your behavior change, depending upon whether you're with your family or your friends and teammates?
- > How might this group change over time?
- > What changes might you make to work most effectively together?
- > How can you be caring and respectful of others even when you disagree with them?
- > (For school groups) What systems allow you to give your teachers and school feedback on what's working and what you'd like to change?
- > How can you use the power of your beliefs to make your school community better?
- > Change can be uncomfortable. What are ways you can help others accept changes that must occur? How can you contribute to the change you want to see?
- > What action can you take each day to make others feel accepted?