



## **CHANGE**

### **Before the Meeting: Preparation**

Supplies needed: 1 plastic spoon per person and 1 peanut or round object per 4-5 people.

### **Step 1: Introductions and Icebreakers**

#### **Pass the Peanut Activity:**

Give each person a plastic spoon. They must put the tip of the spoon in their mouths (with the spoon being out of their mouth). Hands must be behind the back. The first person must put the peanut on the end of the spoon. The object of the game is to pass the peanut around the group without falling onto the floor. If the peanut falls, the game is restarted.

#### **Close the Activity by Asking:**

- What did you learn about change with this activity?
- What emotions did you feel when you had to start over?
- How many times have you had to start a new beginning in your life? What are some new beginnings that are currently facing?

## **Step 2: Discussion**

Ask these in order and allow everyone to respond to each question before moving to the next question:

- What does “change” look like to you?
- As a teenager, what are some changes that you face?
- What changes do most teenager’s face that could be hard to deal with?
- Tell me about a time that you went through a change. What emotions did you experience?
- How might “change” cause distressed emotions - depression, anxiety, or thoughts of depression?
- How can you help a friend or another teenager through change?

## **Step 3: Closing (End) the meeting.**

- What is the most important thing you heard or learned today about change or starting something new?
- What is one thing you can do tomorrow to more easily go through a change or help someone else going through change?