

# Shifting Gears & Changing Our Minds

## Virtual Activity Directions

**Perspective Circle:** (Supplies: none)

Invite participants to “draw” a circle with their finger above their heads in a clockwise direction. Keeping this circle moving the same direction, lower it to about belly-button perspective. Now notice what direction the circle is moving (should be counter-clockwise). It is all a matter of perspective. Talk about where people are coming from, looking at things differently, changing perspectives, etc.

Audience: Any (Especially adolescents and adults)

Potential Purpose: Perspectives

**Paper Expanse:** (Supplies, two pieces of paper and scissors)

Ask the client to cut a hole in the piece of paper while keeping the edges intact. Cut a second paper by folding in half (hot dog style) and cut zigzag (one side then the other side) from one end to the next end. Open this paper and trim the middle links (NOT the first or last one). Then open the paper to reveal a much larger space.

Audience: Any (Especially adolescents and adults)

Potential Purpose: Even with limited resources, the possibilities can be huge.

**Squiggle Drawing:** (Supplies blank paper and markers/crayons)

Invite your client to just scribble on a piece of paper for a short time (e.g., 30 seconds). Then exchange papers. With the “newly acquired” scribble, try to create a picture. This is the beginning of cooperative play and sharing. Themes can emerge that allow you to learn things about your client. Also, very little art skills are required.

Audience: Any (Especially children)

Potential Purpose: Making sense of nonsense, connecting things to make something, playfulness, holding both mess and a vision

**Juggling:** (Supplies: 3 tossable objects)

Use a video or in a series of steps, teach how to juggle.

Audience: Any

Potential Purpose: strategies, practice, making mistakes, regulation, frustration tolerance

**Origami - Paper Cup:** (Supplies: piece of paper)

Take a piece of paper and teach how to fold a paper cup. Using the little slips of paper, write things that fill their cup and share what was written. (Variation) decorate the cup with words or pictures of “what positively fills their cup” on the cup. (Variation) An additional option is to have them put water in their cup and share how they keep their cup from overflowing.

Audience: Any

Potential Purpose: change process, resources, frustration tolerance

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**Six Count:** (Supplies: none)

Invite your client to count to six with you, of course with a few extra arm movements at the same time! Make sure you have plenty of room around you and face your client. Start with your arms down at your side sides and practice counting to “6” together. First, using right arm, they will count and add some movement. Practice a few times. Now practice the left arm movement. Now try both arms together. Start out slow and build up speed! Guide toward problem solving (i.e., face the same direction instead of mirror direction).

Audience: Any

Potential Purpose: learning new things, strategizing, frustration tolerance

Right Arm

On 1 – straight left arm ↑ (out to the side and stops straight up in the air)

On 2 – back ↓ the same way (to the side)

On 3 – back ↑ the same way

On 4 – back ↓

On 5 – back ↑

On 6 – back ↓

Left Arm

On 1 straight ↑ (as in left arm move)

On 2 – move down stopping out to the side → (parallel to the ground)

On 3 – back ↓

On 4 – back ↑

On 5 – to the right → (parallel to ground)

On 6 – back ↓

Check our website for additional ideas and resources:

[www.LifeAdventuresCC.org](http://www.LifeAdventuresCC.org)