



Just Change the Channel!

Activity from “Singing to the Lions”

Activity Description

Using guided questions, the Facilitator will help participants understand how we are similar to a television/radio – ***When we don't like what is on, we can change the channel!***

By the end of the activity, participants will be able to identify some different “channels” they have, and can change how they react to a situation.

Facilitator Note

How do we maintain a powerful, positive view of ourselves despite the negative experiences of our life? This section gives us the skills to control and focus our emotional life and to reduce our fear and overcome the obstacles that restrain us. We need to ensure that the qualities below become a part of our lives:

- **Belonging**
- **Feeling Secure**
- **Believing**
- **Being Appreciated**
- **Hoping**
- **Having a Purpose**

Purpose

To help participants explore how our thinking affects our feelings.

If we can think differently, we feel differently.

How we feel affects our ability to find solutions.



Activity Guide



Opening Discussion Questions

1. Raise your hand if you feel like you have people in your life who can listen to you when you have worries or fears?
2. How many of you belong to a group and feel that you are appreciated there?
3. How many do something else, like singing, praying, writing, going on a walk, etc?
4. How many of you have hope that your life can change for the better?

Facilitator Says: When someone tries to make us feel bad, we don't have to feel that way. We can learn to change our feelings. If we change our thinking, then we can change our feelings. (Get examples from participants of how they can change their feelings when someone makes them feel bad – you can then give this example if it is not mentioned – if we think we are worthless, we will feel sad; if we think we are smart or talented, we will feel good.) And if we change our feelings, we can change our thinking.

Ask participants to think about how we are similar to to a TV.

Channel Changing Activity

Have participants come up with some “channels” that they have (sad, happy, fear, silly, dance, etc.) *and* come up with actions that go along with each channel.

Have participants come up with a collective movement for “changing the channel.” This could be turning in a circle, shaking shoulders, etc.

Channel Changing Activity Script

Facilitator: So, when the anger channel or fear channel comes on, say to yourself, “This is how I feel. I am angry now. Or I am scared now. But do I want to hold onto this feeling for a long time? Does it help me?” So, when we are ready to let go of that feeling, what do we do? (get responses) just change the channel! (Everyone does the movement).

Facilitator: There is another way to change the channel. Take three slow deep breaths in and slowly breathe out, and each time when you breathe out say “haaah”. Let’s do that. (the facilitator leads them in slowly inhaling and then exhaling with a “haaah” sound) Now think of a time you felt so peaceful, so calm. Maybe being with your best friend, or watching TV or listening to music. Again, breathe in slowly and when you slowly breathe out, say “haaah”. Welcome to the calm channel. (Everyone can now sit down)

Discussion Questions:

1. Take this time to see how participants are feeling after the activity.
2. Ask everyone how they can use this skill in their life.
3. Can you tell me about a time when you felt angry and you decided to let it go and change the channel?
4. Can you tell me about a time you were feeling scared and you decided to let it go and change the channel?

Closing

Ask all participants to stand up again.

Say “Often we can’t change our situation, but we can change how we react to it. We can **change the channel!** (Everyone does the Special Movement again)