

Problems offer opportunities?

Length of Session: 20 minutes

What it's good for: This is a good activity to be done interactively with young people online in order to identify positive things to do/that could happen during this pandemic and lockdown.

Activity

Present this statement to young people: 'Problems offer opportunities' (this can be done via screen share on platforms like Zoom).

Ask for young people's initial thoughts and feelings about the statement without offering any examples. Could ask them to think about situations they have been in that were 'problems' or that they didn't like and to think about if anything positive came out of it. Did they learn anything from it perhaps or did it make them appreciate anything etc. Discuss this with them and maybe give an example of your own recognising that this statement can have some truth.

Ask the young people to think about the current situation in regards to coronavirus which is effecting everyone around the world acknowledging that it is causing a lot of distress and sadness. Ask them to think about if there is anything positive that can come out of it either for individuals, families, the wider community and the world as a whole.

E.g. learn new skills, spend time with loved ones, appreciating simple things (being able to leave the house) reaching out to people, communities helping each other etc.

Together you can create a list of opportunities that could be accomplished during this global problem (create together on screen share via zoom)

You can keep referring to this in your engagement with young people. Perhaps provide people with ideas of things to do e.g. what new skill could you try and learn today. This could also be something that you keep adding to. When someone sees or hears of something positive to come out of the current situation it can be added to the list to inspire others.

Resources: Access to video calling platform