

## SETTING INTENTION

### ACTIVITY 6 - DIALLING UP AND DIALLING DOWN HABITS IN THE MIND



#### What you need:

Dialling up / down slide show. Post-it notes

#### Rationale:

This short lecture and discussion activity is a helpful way to make the teachings on neuroplasticity relevant and meaningful for the young people. Using the analogy of a sound board is a very simple way to make clear that we can change the habits of our mind. We then go into a think/pair/share discussion activity where the young people can reflect on the habits they'd like to change in themselves, thereby nurturing their unique personal intention for engaging with the content of the SOMA Programme.

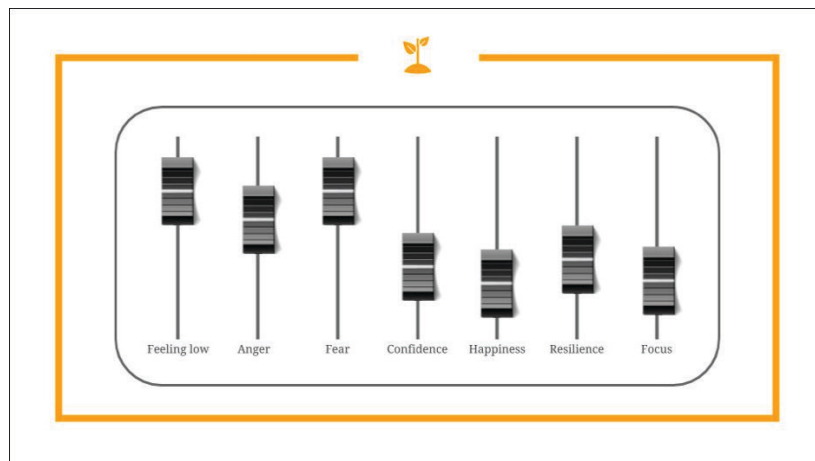


#### Instructions:

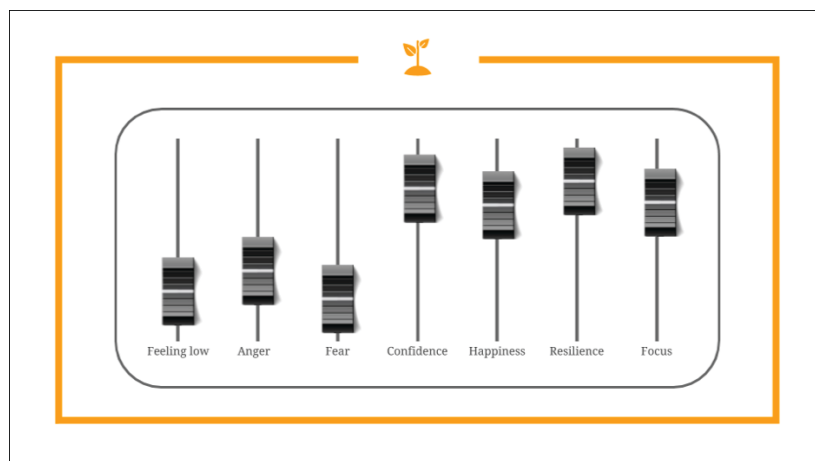
*So one way to think of the mind is that it's a collection of habits. Some habits are strong in us and some are not so strong. We can think of the mind as being like a soundboard with sliders on it. We might have a mind that has a lot of anger or a anxiety in it, or a tendency to feel low. And more helpful habits of confidence, happiness, wisdom, focus might be lower. But what neuroplasticity shows us is that these sliders are not set in stone - we can dial things up that we want and dial things down that are not so helpful. It's possible for us to change the habits of our brain!*

*So the mind could go from looking like this:*

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 to looking like this....



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*What I want you to do now is think about the habits that you would like to dial up and dial down. Maybe we can start with asking what habits do you have that you would like to dial down?*

At this point it can be good to hand out post-it notes and have the young people write down 3 to 5 things they'd like to dial down. Then get them to share in pairs.

*OK, what I'd like you to do now is think about what you'd like to dial up? Maybe it's confidence, or focus, or better sleep habits, or feeling relaxed. It could be anything - it's up to you.*

Again, invite the young people to write down on post-it notes what they'd like to dial up and then get them to share in pairs. After this you can open to a whole group discussion. It's really helpful to collect in their answers and give time to hearing from a number of them as this gives great information about what's important to the young people and what their challenges are. As such, it allows the course to be tailored according to the needs of the young people.