

## Activity 2

# Influ-lenses

**Aim:** To explore different influences in our lives and how they affect our opinions

**Age:** 10+

**Time:** 40 mins

**Materials:** Flipchart, markers, blank paper, one piece of coloured see-through plastic per participant, scissors, string.

### What to do:

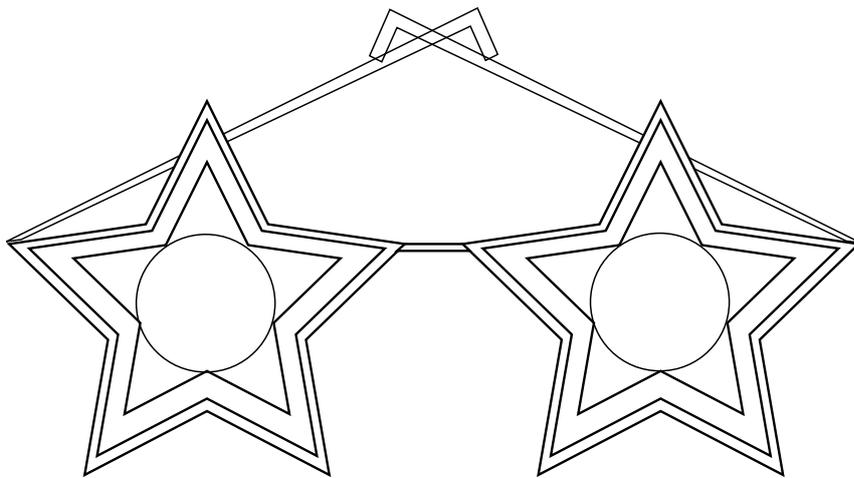
**Step 1:** Brainstorm a list of all the people and situations that help us understand the world around us. For example, parents, family, teachers, friends, where you live/your environment, education, religion, culture, media (TV, radio, news, advertisements, internet), government, youth leaders and so on. Ask what events can happen in life to make you think differently about a situation. What makes us think the way we do and not any other way?

**Step 2:** Ask the group to stand up and walk around the space. Tell them to walk as they do in their youth club (alternatively as they do on the street or in school).

**Step 3:** Tell them to stop and think of any world leader/personality (e.g. Ghandi, the Queen of England, Hitler, President Obama, Cristiano Ronaldo). When everybody has one in their mind, tell them to begin walking again as if they are this person and greet each other as this person would greet others.

**Step 4:** Now tell the group to choose one person in their life that influences them. Walk around the room as they do. Next, greet each other as this person would greet others. Or repeat a phrase that this person might say.

**Step 5:** Give each participant a piece of coloured plastic and ask them to look through it. Ask them if they can see more or less clearly? What has changed? Ask participants to use their coloured plastic to make a pair of glasses. They should draw the outline and cut it out. Each person writes their influences on the glasses and decorates them to the shape and size they want personally. Use the string to secure the glasses. Allow ten minutes for this. Encourage people to wear their glasses and show them to other people.



**Debrief:** Did anything change when you walked like others? Did you feel different? What links are there between the way we see the world and the people who influence us? How do the influences in our lives affect the way we see the world around us?