

## Title: Power of Pause

**Aim:** To promote thoughtfulness and reflection

**Age:** 12+

**Time:** 1 hour

**Materials:** Flipchart paper, markers



### WHAT TO DO

**Part 1:** Create a list of perceptions that society has of young people. Discuss if these are true or false. What perceptions do young people have of adults in society? Why might people think of these? Write up all of the responses on a flipchart page so everyone can see. Ask each person to secretly pick one of them and keep it in their head. On the word 'GO!' each person tells as many people as they can, which word they picked. After a minute, say 'STOP!' Ask the group if they could hear what everyone was saying to them or were they too busy shouting to be able to hear others?

Does anything like this happen in society? In their own community? In the world? What would it be like if people made a little less noise around them? What if they made a little less noise around others? What would they think? Ask the group what the saying "*the silence is deafening*" means to them?

**Part 2:** As a group, go for a walk in a public place where there are others around. Be themselves, talk the way they normally talk, do the things they normally do. On an agreed signal, everybody 'Freeze!' Stop moving, don't make any noise and remain perfectly still for one minute. When the time is up, just carry on walking and talking the way they normally do in the same place. After a few moments, try the same pause again.

**Part 3:** After the powerful pause, ask any people who saw what the group did what they thought was happening? Invite them to a discussion. Stand in a circle and ask them if any of their perceptions of young people in the area have changed and in what way? Ask them if they think there is a benefit to people being more silent every day? What could change in our community if people took more time to pause?



**NOTE TO LEADER:** Rehearse the group freeze before trying it in public. The louder the silence, the bigger the impact!