

Discovering the Possibilities or Alphabet Challenge

Target Age: Adult

Amount of Time Required: 20 minutes plus debrief of 10-20 minutes

Facilitation Notes

Purpose

This is a fun group brainstorming exercise to encourage thinking about leisure outside of one's normal routine. The outcomes are fun, group accomplishment, broader thinking about leisure and sparking motivation for participation.

Instructions

A recording sheet is required – print copies of the one below or just have participants use their notebook, a coloured sheet of paper or whatever is available. Break into groups of about 3 or 4 people. Have groups select someone to record their ideas (or two people if the speed might be a challenge in terms of capturing all ideas).

Remind participants that this is brainstorming exercise and there should be no evaluating other's ideas. The task is to find one word beginning with each letter of the alphabet that fits the category that the group is assigned. The simplest is to have all groups brainstorm activities that they could do for recreation or leisure but if they are in close quarters they will hear each other and may not be as creative as they could be with their lists.

Using multiple categories for brainstorming helps explore the many sides of leisure. For example, have one or two groups brainstorm in each of the following categories.

- 1) recreation /leisure activities
- 2) leisure settings (places that you could be at leisure)
- 3) positive things that can come out of participating in leisure (ie exercise, relaxation, fun)

Alternatives

If you would like to target learning around a specific aspect of leisure, you can use other categories. For example, have some groups brainstorm physical activities and other groups brainstorm leisure activities. When debriefing focus discussion around the differences and similarities between physical activity and leisure and the value of each. There are many ways that this tool can be used to meet your specific desired outcome. To broaden awareness, the activity could be used multiple times with more focused brainstorming ie indoor activities, outdoor activities, activities that one can do alone, activities that require 2 or more people etc.

During the activity

Keep them moving and excited – make it a challenge if you want with the first group finished getting a prize or perhaps a leisure related benefit (selecting an activity that the group will try out next class). Ask



the groups to yell out when they are done and then give a few minutes for remaining groups to try and complete their A – Z list.

Debrief and applications

Congratulate everyone for their accomplishment and have groups read their lists aloud slowly so that others can hear. Clap at the end of each group reading, and make comments on the ideas, creativity etc. Ask participants if they have any comments on the lists. Discuss how this can help us to get out of our regular patterns and be aware of or try something new. Remember – anything is possible if we have an interest and plan for our leisure if we want to try one of these new ideas.

Discovering the Possibilities – Alphabet Challenge

| | |
|---|---|
| A | N |
| B | O |
| C | P |
| D | Q |
| E | R |
| F | S |
| G | T |
| H | U |
| I | V |
| J | W |
| K | X |
| L | Y |
| M | Z |