

# Session I: Gallery of good ideas



This session will help you think about your vision for a better world and develop ideas with which you could begin to initiate change. It consists of two exercises that could be focused on in a seminar or classroom – or can be carried out outside in good weather as well. The results can be used to represent a "garland of good ideas", but you will need coloured paper, pens, clothes pegs and a cord.

## **1) A little trip to the future**

Variation: This exercise can be modified a bit if you have the opportunity to go to your lake, river or visit a place in your town where you want to be active during the Big Jump Challenge. Then you don't have to do the first part from memory or mind's eye, but instead consider the situation in front of you directly with open eyes.

If you do the exercise in a room as an imaginative excursion, you should designate someone to guide the practice and get them to read the guided text slowly. If you feel like it, you can turn on meditative music during the exercise.

### Instructions, part 1:

Close your eyes. Direct your attention inward. Listen to your breath and feel the calm washing over you. Feel your arms, your hands, as they lay loose and relaxed on your legs or on the table. Feel your feet on the ground. Feel your legs, feel the chair on which you sit. Feel your belly. Imagine your spine, as it holds you up. Go vertebra by vertebra up your spine, from the coccyx lumbar along the small of your back, between the shoulders, along the neck, vertebra by vertebra, to the point which balances your head. Feel how lightweight and portable it rests on this point. Feel the highest point of your head and imagine, from here a connection to the vastness of the sky, like a string that holds you upright.

Embark now in your mind's eye to a place you know well. To a place where you've spent a lot of time and which means something to you. It may be a river, a lake, but also your school, a park or any street in the city where you live. At this place it's summer, the sun shines. You're looking for a spot to sit down, on the grass, on a bench or on the steps of a staircase. Then you look around you. Take your time to look around more closely at the area:

- How does it look here?
- What sounds do you hear? How does it smell?
- Are there other people there? What are they doing?

Stay there a while. Just be there and watch, be mindful of what's around you.  
Wait 60 sec

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Ask yourself as well, what you feel:

- Does this place raise positive emotions in you? What do you like about the place, what makes you happy, makes you smile, makes you pleasantly excited or relaxed?
- Does the place bring up unpleasant feelings in you? Is there something that makes you lonely, sad or anxious, that terribly gets on your nerves or troubles you?

Wait 60 sec

## Instructions, part 2:

Look around again at this place you know well. And then lie down in the warm grass or on the warm step. A soft bag serves you as a pillow. It's summer, it's hot and you slumber a short while. And while you're sleeping, something magical happens. You wake up again. You're still at the place on the bench or in the grass. It's still summer, and warm. But the world is not the same. Maybe it takes a little while until you know it. But based on what you see, hear, and feel here in this place: the world has suddenly become much better. Try to find out what has changed exactly. Look around, looking for signs and evidence of the change:

- What looks different?
- Are people behaving differently? How?
- What sounds different? How does it smell?
- What emotions does the place bring up in you now?

Wait 90 sec

Feel joy in the changes as you slowly make your way back. Allow your eyes to remain closed if you like. Pay attention again to your breath. Feel your hands, your feet. If you like sprawl out and stretch. And then open your eyes while you arrive back here with us.

## **2) Partner interviews: Where can we be the change we want to see?**

Gandhi logically said: "Be the change you want to see in the world". That actually sounds quite good, as you could start right away and play an important role also through small contributions. But often we don't know exactly what change we want to see in the world.

### Partner interviews, part 1:

In pairs, exchange images of your future trip with each other (by taking turns):

- Where were you?
- What does this place mean to you in your life?
- What had magically changed? Why was the world at this location suddenly better? What made you notice this?

### Partner interviews, part 2:

Now you can work together to identify starting points for this transformation:

- Which of these changes was the one that moved you the most?
- What improvement was actually the simplest?
- What do we need in order to elicit one or more of the positive changes?

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- How could we proceed from here? Who could be enthusiastic about the idea to e.g. get permits, money and/or help needed to enact the positive change(s)?

Help each other, to be concrete and pragmatic: the street in front of your school will not be transformed into a field of flowers with a rippling brook, but maybe you could organize the next school event in the form of a flower exchange and neighborhood festival on the road where the cars can be blocked from entering for an afternoon.

### Documentation of results:

Write your ideas in on according to the template:

Name:

My location:

My ideas, through which I/we could trigger a small change at this location:

It's best to use colourful cardboard or card stock for this. This way, with the help of clothespins and string you can make a "garland of good ideas" and hang it so that it reminds you that concrete ideas for improving the world are not so hard to find. Better yet, of course, is if you can in fact put one or more of these ideas into action as part of the Big Jump Challenge or also later. So the "garland of good ideas" should still hang in anticipation of planning future projects/project days!

*This tool was developed by Sabrina Schulz of the Big Jump Challenge team. It may be used for non-commercial educational purposes. Any alteration or other use requires prior authorization, all rights reserved by GETIDOS.*