



NAME OF EXERCISE	REFLECTION EXERCISE – MARKING MOMENTS
SOURCE / AUTHOR	Marika Alhonen
USE IN GAME-PHASE	After the game
DURATION	
PARTICIPANTS	The whole group together or if over 10 persons, divide into groups of 4-6 persons and instruct the groups to work independently.
PURPOSE	This exercise helps to land the experience, define the most meaningful events and it supports applying the insights in future situations. It also supports the participants of the game to take time to revisit the process and identify the change that has taken place.
SHORT SUMMARY	On a large paper or online whiteboard, the learning journey is mapped out. The participants mark their most memorable moments on the timeline and discuss the meaning of these events with the help of guiding questions.
LifeComp - Competences	L1 – Growth Mindset L2 – Critical Thinking L3 – Managing Learning
USES & OUTCOMES	The most important uses and outcomes: ● Safe landing of the Game of Change-experience ● Defining meaningful moments and understanding the importance of them to oneself ● Clarifying insights and learning from the whole process ● Being ready to embark on a new journey and making use of gained experience from this journey
ROOM REQUIREMENTS	Room with enough space on the wall or the floor to draw together and move around. If implemented online, a whiteboard that all participants have access to and can edit.
PREPARATION / MATERIALS	Preparation: - Draw a timeline that follows the structure and process of the Game of Change Materials needed: - Space on the wall or the floor (at least 5m) to draw out a large time-line / online whiteboard - A long rope or piece of string that represents the course of the game - Big posters/roll of paper - Pens, markers, post-it notes
INTRODUCTION	We are now going to revisit the process we have gone through together. You will then stop and mark the moments that stood out most for you. Principles ● Let your mind wander along the timeline ● Listen to your intuition ● Be curious and honest towards what wants to be noticed



SEQUENCE OF STEPS – DESCRIPTION	
STEP 1 (5-15 min)	Draw a timeline of the key events in the training or workshop on the floor or board. Use the Game of Change-training framework as a guide. Go through the timeline and the main events with the participants. If you are working online draw the timeline on a whiteboard that you share with the participants. The timeline can be drawn beforehand by the facilitator or in the moment together with the participants.
STEP 2 (10 min))	Each participant recalls a specific moment and event. The facilitator asks the group members to physically return to the spot, position, and situation where they felt successful, or which particularly stood out to them. Alternatively, ask each participant to bring an object to the point on the timeline they feel is significant. If you are working online, ask the participants to insert a symbol, image or text to the place that stood out for them.
STEP 3 (15-45 min)	Once everyone has found their place, briefly discuss: • What were you doing? • What was being discussed? • What made it special for you? • Why is it important for you? • How will you make use of it in the future? In a larger group, the facilitator can instruct participants to share these thoughts with their neighbor if there isn't enough time to hear everyone
REFLECTION	The individual reflections can also be done as journaling in a learning diary.
TIPS	• This exercise can be done as a shorter version if part of a workshop. In the shorter version there is less time spent on going through the timeline, and it is more facilitator-driven. There is also less time for the individual reflection and sharing of thoughts. • If the exercise is done in the end of a longer training, more time should be spent on revisiting the process and it can be done as a shared story by the participants. In the longer version more time can be allocated to individual reflection and more thorough sharing with the group. • If implemented online, the facilitator makes sure that the technique works and everybody is capable of editing the whiteboard.