

The Power of Perspective Optimism vs Pessimism

Resources: 2 different images of kinetic family/group photos per pair

Instructions:

Each pair will be provided with two photos.

1. Participants will choose one photo at a time to discuss.
2. In pairs choose who will be the Optimist and who will be the Pessimist (it is best to swap roles between photos)
3. Each partner has two minutes each to convince the other that either something truly magical is happening or something truly horrible is happening in the photo. (Both perspectives for each photo need to be presented).
4. Repeat this activity with the second photo

Rules

- Participants will hold up the photo as they refer to it.
- This is a turn taking activity: Whilst one participant is talking the other is listening.
- After two minutes the roles are swapped over and the other participant talks whilst the other listens.
- The more dramatic you are the better

Reflection

1. What did you notice about your partner during the various images and role swaps?
2. What did you notice about your perspectives - did they change?
3. Did you feel like your partner was listening?
4. What did you notice about the language used?
5. Can you think of ways to use this with your team, family, etc.?

Links to Neurobiology:

- Mirror neurons – The power of our verbal/ nonverbal cues to influence the other.
- Regulation- co-regulation requires you to reflect on your personal presence and influence the other into a positive or neutral/open calm.
- The perspective you are likely to believe is mediated by your experiences.

Outcome:

6. Consider the perspectives and non-verbal cues we bring to every situation and influence our approaches/avoidance to the world. What will you pass on/ avoid for future generations?

Example
Images



