



**RESTART!**

# Let's act!

Dynamic G5D9



**Diputació  
Barcelona**

Àrea d'Educació,  
Esports i Joventut

# Let's act!: initiative

Dynamic G5D9



## Aims of the dynamic

**A**  
**Reflect on their ability to influence society around them.**

**B**  
**Become aware of the small actions they can make to help improve the world they live in.**

## Summary of the dynamic

Produce a video to support a charitable initiative.

## Materials

- Room to show a video (optional)

## Session structure

01. Before you start
02. Let's act! Let's get the dynamic started!
03. Restart!
04. What do I take away from today?

This dynamic is intended to be conducted over some 60-90 minutes with groups of ten young people. The duration may vary depending on the needs of the group of youngsters and the interest they show. We advise following the pace set by the group. In any event, the more time that can be spent on reflection, the more the youngsters will benefit from the experience.



## The atmosphere while conducting the dynamic

To get the most out of the activities, we suggest conducting the dynamic in as pleasant and open a space as possible, preferably outdoors, or at least with natural light. Music may be a useful resource to maintain a positive atmosphere, above all while they are doing activities independently (and especially if the music matches the preferences of the youngsters in your group).

It is important to make sure during the dynamic that no one is forced to go beyond what they feel capable of. In this type of activity sensitive issues for those involved may arise, and in fact that is to be expected. In such cases, reassure the youngster in question by telling them that they do not need to do anything they feel unsure about, and that the aim is for them to enjoy the dynamic.

We suggest some tracks dealing with friendship that you can listen to on the [Youth Plan Office Spotify channel](#).



## Key concepts

The dynamic addresses a number of concepts which we summarise below.

**Teamwork:** The results obtained from the contributions made by different people, cooperating to achieve a shared goal in which they all contribute their talent in working towards the same purpose. The outcome of such interconnected work is greater than the mere sum of the results obtained through the individual efforts of each member.

**The following are important requirements for teamwork:**

**Communication:** It must be possible to discuss, exchange ideas, set out individual perspectives, agree how to perform the task, establish the basic operational principles...

**Coordination:** Properly organising the work is fundamental, as all team members need to work in coordination.

**Confidence:** All the members of the team need to trust one another. Respect for others will be vital in the team's success.

**Commitment:** Each member of the team must be committed to the team's goal, with the idea of contributing all their efforts to achieve that. Remember that teamwork is based on the interconnected efforts of all members. If one of them drops out, that will affect the whole group's work.

**Complementarity:** Each one contributes their capacities, abilities and talents.



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**Although teamwork and group work may seem to be the same, they are two different systems to achieve a result.**

## Group work

## Teamwork

Shared interest →

Shared objective

**Divided work:** each individual is assigned a part of the work →

**Coordinated work:** each individual contributes their talents and abilities so as to achieve the shared goal together

**Independent work:** each group member performs their task →

**Interdependent and complementary work:** all members of the team perform the task jointly

Each one acts as they see fit →

Someone needs to take the lead and coordinate the team

If one person in the group is missing, the work can still be done →

If one person on the team is missing, the work will be significantly affected

Group work = sum of the efforts of each member of the group →

Teamwork > sum of the efforts of each member of the team

Each person in the group is individually responsible for the final outcome (their part) →

All members of the team are jointly responsible for the end result



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# 01.

## Before you start

**Once you have checked that the group are feeling fine, introduce the dynamic by asking if is there anything they would like to share about last dynamic, in which they talked about the benefits of cooperation and the importance of asking for help when they need it.**

Next, explain to the group that today they will be undertaking a collaborative project for a charitable initiative.

## 02.

# Let's act! Let's get the dynamic started!

Begin the dynamic by explaining that the Covid-19 lockdown has served to highlight people's great capacity for creativity through the initiatives launched with the aim of helping to improve the world we inhabit. Are you aware of any such initiative? The youngsters in the group will surely know of some initiative, but otherwise they can discuss your suggestions. There is no need to address this in depth, but simply to give a few examples of how projects born out of small actions have achieved considerable reach:

- **Networks of citizens offering mutual**

**support:** neighbourhood associations have organised to help the most vulnerable, do the shopping, cooking...

- **Stayhomas:** three flatmates who during the lockdown set about composing and playing songs from their balcony to cheer up and enliven the days of confinement.

- **3D printers:** many establishments helped out by printing PPE equipment using designs validated by the healthcare services.

- **Cloth face masks:** groups of volunteers have been set up all around to sew face masks, gowns and other healthcare clothing.

- **#MúsicaQueCura:** an initiative which involves sending personalised songs to people in hospital, in a care home or at home.

- **#Cartesambcor:** through this project, children have sent letters, videos, photos and drawings to hospitals as a show of affection for people affected by Covid-19 and to cheer on the healthcare staff.

- **Pinta la pinça:** an initiative promoted by Arlet, a seven-year-old girl and her father, who following the death of her two grandparents from coronavirus, decided to raise funds to research Covid-19, by asking people to post photos of painted clothes pegs on their Instagram channel.

- **#JoCorroaCasa:** an initiative to raise money by taking part in a charity race at home.



Today we invite them to make an advert to publicise or raise funds for a charitable initiative (one of those you have just explained, or any that the group might choose). The idea is to use their mobiles to make a short video, lasting at most a minute and a half (best to be flexible...). To do so, invite the group to split into two teams, each of which will make their own advert.

We suggest a few tips you could give them:

1. It would be a good idea to appoint a leader to coordinate the teamwork.
2. They will first need to decide which campaign to support, and find out enough information to encourage people to contribute.
3. The tasks should be allocated to the different team members according to their skills and interests. Each of them should have a job or a role they feel comfortable with, and should be capable of performing the assigned task. These could include: drafting the script to present the campaign they are supporting, what the money is for and how it will be collected, thinking of a phrase to motivate people to contribute to the campaign, recording the ad, recording and taking "making of" photos, publicising it... The "making of" photographs could be a good reminder of this dynamic. If you post it on social media, remember to tag us! @joventutdiba #fem\_tec
4. As there will not be much time available, they will need to film it in one go, pausing the recording between each take. It would be a good idea to have more than one youngster filming, to make sure it works out. If you want to see some examples of videos filmed like this, you can watch this [selection of videos](#) produced by youngsters at a workshop at the Guillem Catà High School in Manresa.

To finish off the activity, it will be important to allow some time for each group to show their video and explain the creative process. It would also be good for them to receive some positive feedback from the other participants.

NOTE: We would encourage you to share the resulting videos through the [Success stories](#) section of the fem tec! website. You can send the link to your videos to [opj.femtec@diba.cat](mailto:opj.femtec@diba.cat)

## Reflecting on the dynamic

For the reflection, invite the youngsters to sit in a circle and ask: how do you feel?; is there anything else you would like to share? This will probably prompt a more or less fluid conversation, depending on the level of trust created in the context of the dynamic, and the group's conversational habits. If there are no spontaneous contributions, we suggest some questions that would be worth taking into account to guide the dialogue, placing the emphasis on allowing the group gradually to dissect the issues themselves.

1. **Did you find it hard to decide which campaign to work with? How did it go? Was it hard to organise yourselves?** Possible reflections: The habits of teamwork will be fundamental in reaching agreements. In the process of their discussions and choosing a leader, different roles that each of them would like within the group will emerge. When they began talking about it they will probably have found it a little difficult, until they gradually came upon different options and ideas to select the campaign. If they were not used to teamwork, they may have found it hard to get started, and some might even have followed their own path... Teamwork is also something that is learned through practice, and as they get to know the other members of the team. What matters is that the youngsters should realise that as



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a team they achieved the task much more efficiently than if they had tried to do it on their own (when they might not even have managed to get the job done).

**2. Are you satisfied with the video that your group made?** Possible reflections: We hope that everything will have gone well, and in general they will feel a sense of satisfaction. It would be good to acknowledge how gratifying it is to share their success after the team has achieved their goal. Some of them might also feel unhappy with the end result, and suggest how it could be improved on. That's fine! They made the ad in a very short time. It was a real challenge! It is fine for them now to make accurate observations and think about how it could be improved. Accepting that we can improve allows us to develop and advance.



# 03.

## Restart!



### Watch

#### #LivingForOthers: Six stories of youth volunteering

[International Youth Cooperation - IYC channel, 1:01]

[https://youtu.be/\\_oUeJ4Wqh-0](https://youtu.be/_oUeJ4Wqh-0)

This video explains the charitable initiatives of six youngsters in a wide range of contexts.

What did you make of the video? Do you think that we all have the capacity to influence our surroundings? Do you think that we can help improve the world we live in? Today we saw that small actions can generate a positive impact on our surroundings. There are at least two essential factors to achieve this: have an idea and put it into action. If we also add in the capacity to observe what is going on around us, an interest in taking on new challenges, belief, initiative, motivation, enthusiasm, commitment, passion, drive... the results can be outstanding, and will undoubtedly encourage other people to help out.

### Summing up

Over the last few weeks we have all seen numerous charitable acts put into practice in simple, everyday contexts... and that have generated a positive impact on society and helped increase people's well-being. There are changes that we can bring about ourselves, through small actions to influence or drive forward activities that add to social well-being. In order for these great ideas and initiatives to take shape, someone needed to stand up and take the first step.

**When you come across an event or situation that you don't agree with, you can remember today's dynamic, and the fact that you have what it takes to be agents of change: great ideas, and above all the capacity to take action on your own or to seek out alliances and partnerships to get the job done.**

## 04. What do i take away from today?

**This section is common to all the fem tec! Activities. The aim is to identify the sensations experienced and the lessons learned through the dynamic.**

Arrange the group in a circle so everyone can see each other's face. Allow the group to speak, so that they can all, one by one, have their say about what they most enjoyed or what they learned, how they feel, or any other issue they might want to raise.

Simply listen to their responses, without commenting or giving any positive feedback: there are no wrong answers. To conclude, if they had fun or enjoyed how the dynamics went, they should give themselves a round of applause in celebration!

You can also suggest that either individually or as a team they share their impression of today's dynamic via social media, using the hashtag #fem\_tec @joventutdiba.



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