

# Buzz Session

## Running the session:

Patterns get wired into the brain and when things change it takes an effort to change these patterns. Ask individuals to think of real-life work examples where they have had to learn a new way of doing things or change their behavior recently and what helped or hindered?

Can people think of a situation where they would like to change their behavior and set themselves a personal goal, this could be related to how you work currently and working healthier and happier?

Notes for facilitator and key learning messages

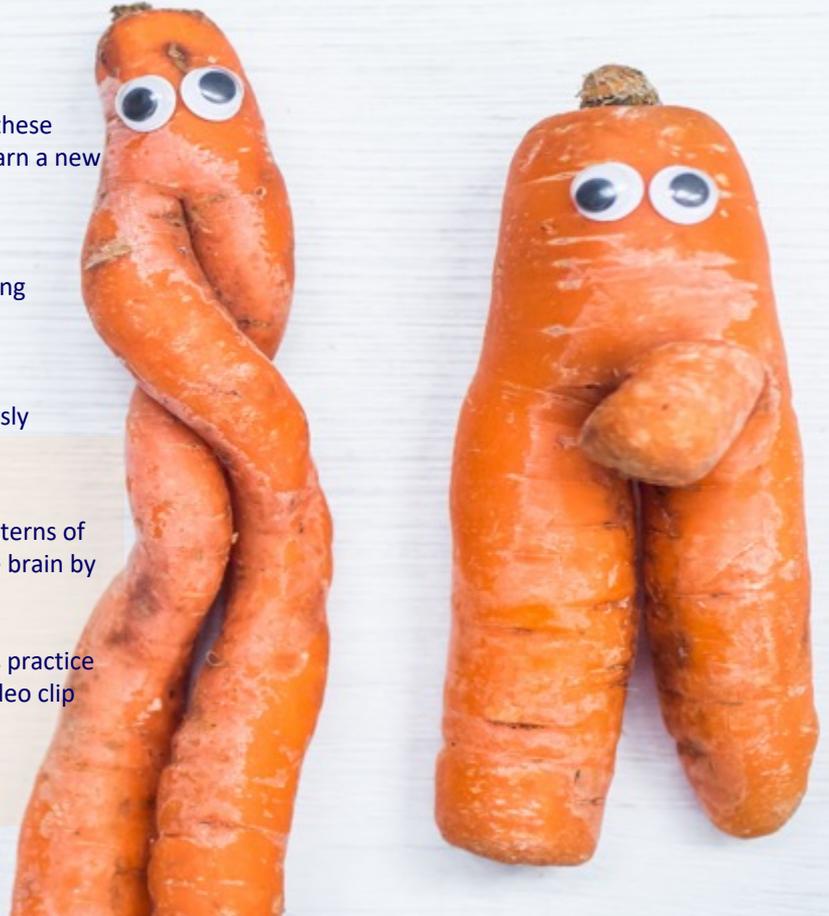
Remember it takes time and practice and it's important to not take yourself too seriously

## Theory:

Relate the game to neuroscience. It is possible to change automation thoughts and patterns of behavior but it can be tricky because over time neural pathways have developed in the brain by repeating the same behavior.

However if you practice a new pattern of behavior a new pathway can be built. It takes practice and time and we can use humor to cope when we make mistakes. You can show the video clip below to explain the idea.

[https://www.youtube.com/watch?v=8NA\\_o1jOjsQ&t=2s](https://www.youtube.com/watch?v=8NA_o1jOjsQ&t=2s)



# Buzz Session

## Creating new patterns

### FLIP it: pattern breaking

This buzz activity looks at how to break unhelpful patterns of behavior and create new ones. It demonstrates the neuroscience of making new connections in the brain.

Time: 10 Minutes  
Resource: Space  
Ability to play video to a group with sound and video call

#### 1. Introducing the activity:

The idea is to invite people to learn a new pattern and see how they react to it.

Explain the activity is a bit of fun

#### 2. People can get into pairs

If you're doing this virtually invite a pair at a time to have a go over the video call. If in person face each other. (a safe distance apart)

Person A says 1, Person B says 2, Person A says 3, and so on.

3. Once pairs have established a rhythm, ask them to replace the number 1 with a hand clap.

Person A claps, Person B says 2, Person A says 3, and so on.

4. Next ask the pairs to replace number 2 with a barking noise, so now pairs should be sequenced as follows.

Person A claps, Person B barks, Person A says 3 and so on

5. Finally ask the pairs to replace the number 3 with whistle. So it now should be running.

Person A claps, Person B barks, Person A whistles. Keep this going as quickly and as long as possible, with no mistakes.

