**Changing Places**



#### **How to play:**

#### Allow employees to sit wherever they want… then have them move to a different seat. Ask them to think about how their perspective changed in moving to the new seat and why. After stretching for a minute, tell them they can now sit wherever they like. Watch which seat they choose. Play the game twice and see if people behave the same way the second time. Start a discussion as to why people may have changed their choice the second time around.

#### **What’s the point?**

Guide the discussion to highlight our innate resistance to change and the benefits of moving away from a comfort zone to the unknown. Take this opportunity to acknowledge the fear of the unknown and share information about the need for upcoming changes