

Relational Resilience

Balloon Frenzy

Spatial Requirements: Gym/outdoor space required

Activity Type: Movement/group

Grades: 3-12

Group Size: 2 or more

Time: 15 minutes

Introduction: As students work to keep balloons from touching the ground, they will recognize the importance of teamwork in achieving goals. They will experience negative change and identify the feeling of being overwhelmed. This activity will help them understand that success often depends on the help we receive from others.

Materials:

- Enough filled balloons for each member of the group to have at least two balloons.

Activity:

To begin, hand each student one filled balloon, and ask them to wait for instructions. Gather the remaining balloons into a pile for you and the other facilitators to add to the game later.

Note: There should be enough facilitators in the room to observe the game and identify when a balloon touches the ground.

Tell students the goal of the game is to keep the game going as long as possible. To keep the game going, they must keep all of the balloons in the air. Students can use any part of their body during play, but once a balloon has touched the ground they are not to pick it up. Students can assist or receive help from other students to keep their balloons in the air. If a student's balloon touches the ground, they can assist their classmates in keeping his/her balloon in the air. If five balloons in the group touch the ground, the game is over.

Begin the game. After a short time, you and the other facilitators should add another balloon for each student. Remind students that the goal is to keep all of the balloons in the air. If a student drops a balloon, remind them not to pick it up.

The game is stopped when five balloons touch the ground.

Processing the Experience:

- Was it easy to keep one balloon from touching the ground?
- How did you feel when the second balloon was added?
- How were you able to keep both balloons up?
- Did you ever need someone else's help to keep your balloons from touching the ground?
- Did you ever help someone else to keep his or her balloon from touching the ground?
- At what point did you realize you were dependent on the other group members to succeed at keeping all of the balloons in the air?
- Did you feel a responsibility toward the other group members to keep all of the balloons in the air?
- Why did you feel this way?
- How does this relate to Relational Resilience?
- How does this relate to your own life?

- In life, is it easier to juggle life's challenges alone or with the help of others?