



Feel good

# Keeping afloat!

Stage

6

30 mins



Skills builder



## Aim of activity

You're not alone! Discover your support network and who can help you juggle your busy life and share your challenges.

## What you'll get out of it

- Understand why support networks are important.
- Discuss solutions to different situations.
- Create a support network within your unit.

## What you'll need

- A large, clear space
- Balloons blown up, 3 per girl
- Marker pens
- A timer



WE DISCOVER, WE GROW

Girlguiding





## Feel good

### Stay safe

If someone is in trouble or at risk of harm you should report it straight away to a leader or another adult who you trust. You don't have to be able to solve everyone's challenges yourself and getting help from somewhere else might be the best solution.



### Note to leader

If anyone in your group has a latex allergy or fear of balloons popping, substitute the balloons for sheets of paper.

Support networks help you to deal with problems or challenges. Often it can be comforting to know there's always somewhere or someone you can talk to.

### What to do

**1** As a group think of situations you could find stressful or difficult. Think of one or two words that summarise the situation and write these on a balloon (one situation for each balloon). For example, revision or arguments.

**2** Choose someone to go in the middle and everyone else form a circle around her, holding the balloons.

**3** Every ten seconds someone throw a balloon to the girl in the middle, shouting out what's written on it. She needs to keep them in the air. Stop when one hits the floor.

**4** Take turns at being in the middle and see who can juggle the most balloons. If you imagine the balloons as challenges you're trying to manage, you can see that having too many and dealing with them on your own can lead to things being dropped or getting worse.

**5** Come back together and talk about your balloons. Come up with solutions to the challenges or people or places that could help. These can all make up a support network.

**6** When you've discussed all the balloons, get ready to keep them afloat again. Stand spread out around the space. Start throwing the balloons up and shout out what's written on them. This time, anyone can hit a balloon to keep it in the air. When all the balloons are in the air see how long you can keep them going for.

**7** Come back together and discuss how much easier it was when you shared the challenges and helped each other.

**8** Chat about how you can all help support one another in your unit. For example, you could:

- Start a buddy system so you know you always have someone to talk to.
- Create a messaging group to get advice.
- Have an anonymous problem box in the unit which is regularly discussed.
- Set aside ten minutes every meeting just to chill.