

# BE ACTIVE

## TRUE OR FALSE ACTIVITY

**Equipment** 2x Markers or Cones, Question

Sheet **Time** 10 – 15 mins

**Participants** Minimum 6

### How To Play

1. Set a marker at one end of the space and another at the opposite side.
2. Get the young people to stand in the middle of both markers.
3. Explain that one cone represents true the other one is going to represent false.
4. When the leader reads out a statements, young people must run to one of the markers, before the answer is revealed .
5. Statements can include Everyone has mental health true or false? Is it okay to tell someone you are struggling true or false? If you are feeling sad one day, you are depressed true or false? Exercise can improve my mental health?
6. Once the young people come back to the middle after the answer has been revealed, this space can be used to discuss.

### Facilitator Tips

The aim of this activity is to start a mental health conversation in a safe space where young people are able to question common myths . This activity can be easily adapted to suit any age group. It's important to ensure once the answer is revealed that everyone comes back to the middle for discussion. Prompt the young people with questions like why is this important? Why do you think that? It's essential to ensure the focus on the discussion and learning rather than who got the question is right or wrong.