

GIVE

BALLOON BOUNCE

Equipment None

Time 10 – 15 mins

Participants Minimum 6 (better played with an even amount of people)

How To Play

1. Give each person a balloon (Already Blown Up) and a felt tip pen.
2. Ask them to write their negative thoughts, feelings and emotions onto the balloon.
3. Have them tie a long piece of string to their balloon and tie the string to their ankle loosely.
4. Task them with trying to burst the balloon with the other foot.
5. Allow them to continue for a few mins.
6. Bring the group back and ask them how they're getting on? Has anyone burst their balloon? How are people feeling about trying to burst their balloon?
7. Ask them what they think they could help others burst their balloons?
8. Get the other participants to burst other peoples balloons.
9. Have a chat about the importance of having support network & learning when its time to reach out.



Scottish Action for Mental Health

Facilitator Tips

It will be almost impossible for the young people to burst their own balloons. Keep encouraging them to burst it. Tell them they need to try harder to achieve their goal etc. Bring them together as a group and ask them how they're feeling trying to burst the balloon? What they can do to help each other? Go through a few options with the group to see what they can come up with. Facilitate group discussion about how negative feelings impact our emotions and desire to seek help. Discuss how this impacts them and others around them , and how they can one another to learn different ways on how to manage these emotions.