

STANDING **TALL** IN THE FACE OF EVERYDAY **GIANTS**

BRAVE

GAME- **RACE!**

Learning points:

Even when we try our hardest to stay in control, it's just not always possible! Not everyone can win the same game, we have to learn to accept defeat at times and not be overwhelmed by feelings of failure or resentment towards those that won. It's another part of learning that we cannot control everything in our lives.

How to play:

- Set up some relay races requiring young people to use control and coordination.
- For example:
 - guiding a football between cones
 - manoeuvring a ball with a hockey stick around obstacles
 - egg and spoon race
 - trying to balance a cup of water on their head and transport it to a bucket (maybe allow them to use one hand to hold in place)
 - bouncing a ball on a racket while moving between two cones