

# STANDING TALL IN THE FACE OF EVERYDAY GIANTS

BRAVE

## GAME- UNDER PRESSURE

### Learning point:

How do you cope when the pressure is ON and things are perhaps not working out the way you'd like them to? Managing unexpected challenges and tough days is all part of life and a skill we need to learn. What coping strategies do they have in place that work for them?

### How to play:

- This activity could work for several games including Pictionary, Charades or a word description game such as 'Articulate' – any game where players work in teams to compete against each other.
- Divide the young people into teams before the game begins and make sure they know who is in their team so that they shout out answers for the right person!
- If it was a word description game, one member of a team chooses a word from a card (if you don't have your own try [www.playarticulate.com](http://www.playarticulate.com)). They have to describe that word to their teammates without actually saying the word (or any part of the word) itself. For example, if the word was "dog", the player might say something like "four-legged animal that barks" and the rest of the team must shout out possible answers. Each round lasts a minute, and the player must describe as many words as possible in that time.
- If using 'Articulate!' cards, the describer can either choose one word from a card and then move on to a new card for their next word, or they can try and describe every word from the different categories on the one card. They are only allowed to 'pass', skip a word, once in a round.
- The team gets a point for every correctly guessed word. Once the minute is up, it's the next team's turn. Change who is describing and who is guessing with each round. When everyone has had a turn at describing, see which team has the most points and is therefore the winner!