

# STANDING TALL IN THE FACE OF EVERYDAY GIANTS

BRAVE

## CHALLENGE- BALANCE CHALLENGE

### Learning points:

We all like to be in control but sometimes there are things which are SO MUCH BIGGER than us and we just can't control them. Think of a big wave that comes along and knocks you off a board or a worldwide pandemic that comes in and changes EVERYTHING. Sometimes life is about learning how to find a moment of rest, peace and acceptance in the chaos rather than grasping at other things to make us feel control again- some of which can be bad for us. So, when the world is spinning- what ways can we ground ourselves again?

### How to play:

- This game work best in group of 8 – 16. If you have more young people, divide into two sets (rules written as if just one set).
- Split the young people into two even lines and have them line up facing each other with about 3/4m space between them.
- Number each young person in the line from 1 upwards. Number each line the same but start at opposite ends. For example, if there are 5 people in each line, number 1 at one end would be stood facing number 5 from the other line. And then number 2 is opposite number 4, etc.
- In the space between the lines, place 2 baking trays and 2 tea-towels.
- The leader shouts out a number, e.g. 4, and both the young people numbered '4' in each line must run into the centre as fast as they can and pick up a baking tray and a tea-towel. They must hold their baking tray balanced in one hand and not held against their body. They must then use the tea-towel to try and knock the baking tray out of their opponents' hands.
- The person who knocks the baking tray successfully wins a point for their team.
- Run several rounds making sure everyone has a turn and then see which side is the winners!