

STANDING TALL IN THE FACE OF EVERYDAY GIANTS

GAME- MEMORY

BRAVE

Learning point:

Simple opening game to the theme. Sometimes life is frustrating (just like this game!), just when we think we've got it, often life throws us a curve ball and we have to re-think and/or start all over again.

Frustrations and the unexpected challenges are a normal part of everyday life and its essential we learn how to navigate these when they come. When has something frustrated you and how did you bounce back from it?

How to play:

- Before the session, choose 30 – 40 random items and set them up on a table. Make sure the items are varied in size, type, function, etc. For example, while one of the items might be a pack of cards, another might be a frying pan, and another a hockey stick and another a bar of soap.
- Set the items up, then cover them with a sheet or hide them out of view so that none of the young people see them before the game starts.
- Have the group sit, then prepare to display the items. Give the young people 1 minute to just sit and look at what's in front of them.
- After the minute is up, cover the items again and hand out paper and pen to each young person.
- The group then has another minute to write down as many of the items as they can remember.