



# Loop



## ACTIVITY GUIDE

*Mind Control*

Week 1: Control Your Attitude

### Keep It Up!

A fun and frantic game to show that sometimes it takes some work to keep your thoughts in the right place.

### Activity Objective

Don't let your balloon touch the ground!

### You'll Need

- Mylar balloon (1 per group)
- Straw (1 per group)
- Die (1 per group)
- Garbage bags (As needed per room)

## Instructions

**Before Activity Starts:** If there aren't enough balloons inflated from previous experiences stored in the garbage bags provided, **inflate a mylar balloon for your group** using the straw provided. Seal up balloon and set aside, storing it with other groups' balloons in the garbage bag(s) provided until it's time to start your activity.

1. **Say:** Sometimes, life's great, and everything seems to be just floating along—when WHAM! Something you weren't expecting can cause your emotions to drop to the ground. Let's play a game about that—using a balloon to represent our emotions!
2. Group **stands** in a circle.
3. **Give** your group the balloon and tell them to keep it from touching the ground. **NO ONE** can hold it. They must keep volleying it so it doesn't touch the ground.
4. **Explain:** I'm going to roll this die about every three seconds. If I roll an **EVEN** number, you can keep bouncing the balloon in the air. If I roll an **ODD** number, you have to put your hands to your sides—no touching the balloon—for three seconds!
5. Students **bounce** balloon while you roll the die.
6. If you roll an even number, tell students to continue, count to three, and roll again.
7. If you roll an odd number, tell students to STOP, count to three, and roll again. If it's an even number, students resume volleying. *If it's odd again, the balloon will probably hit the ground by the time you count to three and roll again!*
8. Repeat steps 5-7 as long as the balloon stays in the air.
9. If the balloon touches the ground, start over, repeating steps 5-7 as long as possible.
10. Return balloons to the garbage bags to store them. *If your balloon has popped, dispose of it in your room's trash bin.*