**DISCUSSION SUGGESTIONS**

- What thoughts, feelings and physical symptoms did you experience during the exercise (e.g. racing heart, excitement, anger, frustration, giggling)?
- Did these seem voluntary or involuntary? Why do you think that was?
- What were you saying to yourself during the activity? Was this self-talk helpful or unhelpful?
- What strategies did successful players (i.e. those who got the most balloons inflated and/or kept them off the ground the longest) employ? Did these involve overcoming instinctive emotional reactions and using thinking skills? If so, what were they?
- In what way is this activity similar to real life? What are some strategies that people use to keep all their ‘balloons’ in the air?
- Brainstorm some important lessons you learned from this activity (e.g. know your limitations, and accept that perhaps you can only handle two or three ‘balloons’ at a time!)
- Discuss the importance of 1) regulating kneejerk emotional reactions, 2) helpful self-talk to assist in regulating emotions, and 3) prioritising tasks in our lives.