



ACTIVITY: 'KA-BOOM!'

TIME: 15+ minutes
SIZE: For pairs or trios
SPACE: Clear room, sports hall, outdoors
RESOURCES: Blindfolds, witches hats or markers, skittles or similar

The aim is for participants to look at a single event from different perspectives.

The result should be an appreciation that events can be viewed in a number of ways, and that flexible thinking is very important to maintaining a Sense of Control when dealing with uncertainty.

1. Break the class into pairs or trios.
2. Distribute the witches hats, skittles, etc. around the playing area/room.
3. Explain the rules: In each team one player will be the 'escapee' fleeing an alien prison on a faraway planet. That person begins on the far side of the room and must wear a blindfold because the 'mines' (witches hats, skittles) emit gamma radiation that would otherwise blind them permanently. The escapee's teammate/s are on the other side of the 'minefield' and must guide their escapee through the field using only a fixed set of verbal instructions (you decide these: they may include only hot/cold; left/right/stop/go; etc.).
4. If the escapee touches a mine, they must start over.
5. Once the escapee makes it to the safe side, swap roles so guides become escapees.
6. The activity can be more fun if more pressure is applied, and pairs/trios must race one another in relay fashion.



DISCUSSION SUGGESTIONS

- What did you experience during the activity? What were your physical sensations (e.g. high heart rate, sweaty palms, etc.), feelings (e.g. anxious, excited), and thoughts (e.g. 'I can do this!', 'I don't want to let my teammates down')?
- What were you saying to yourself during the activity (for instance, when you hit a 'mine')? Was this self-talk helpful and constructive, or unhelpful? Did your self-talk impact on what you did? In what way?
- What strategies did successful teams employ, both as a group and as individuals? Specifically, what thinking strategies did you use? When wearing the blindfold, what was the most important thinking skill/ piece of self-talk?
- What did it feel like to surrender control to your teammates? What did it feel like to be in control of your teammate?
- In what way is this activity like real life? In what situations do we have to place faith in both ourselves and in others to successfully make our way through a 'minefield'?
- How can you bring useful thinking skills from this activity into your everyday life?
- Who in your life can help you get through a 'minefield'?