

## Positive Guidance Activity

Split the group into two. Choose one person from each group. Give a positive instruction sheet to one of the volunteers, and a negative instruction sheet to the other volunteer.

Explain to each group that you will be playing a game and that their team member will be explaining the directions.

Game: See directions on next page.

Let the game go for a few minutes and then debrief.

Ask to each team:

- How did you feel about playing with your team?
- Is this a team you would want to play with again? Why?
- Were you comfortable?
- Did you learn anything?

## Focus on the Positive

Positively guide your group through a successful game.

Clearly explain to your team the directions of the game.

- We must work as a team to keep the balloon up in the air.
- We may only use our breath.
- We may communicate with each other.
- If the balloon falls, we can pick it up and start over again.

Ex: Give a demonstration, make sure all participants are clear on the rules, maybe do a practice round.

Throughout the game positively guide your team. Praise them, offer assistance if needed. Encourage them if they mess up.

## Focus on the Negative

Give poor instructions, and give rude and negative comments throughout the game.

The idea of the game is to keep the balloon up in the air using only your breath. If it falls you can pick it back up again.

Ex Directions for your group: We have to keep the balloon in the air.

When someone hits it with something other than their hand, criticize them. If it falls, yell at the person who let it fall etc.

Ex of negative comments:

Great job (sarcastically)

You have to blow on it (when someone tries to use their hands)