

BLOWN AWAY

Thaw your fear and take control!

Materials: Worksheet copies, pre-cut 2x2 squares of paper (five per youth), deflated balloons (one per youth), pens or pencils

Directions: Read the worksheet, complete the activity and discuss as a group.

Have you ever felt frozen? Felt such intense distress that it interferes with how you function?

If so, you may have experienced anxiety.

Anxiety is a normal emotion in response to uncertainty. It's how you react to anxiety that can make the difference.

Remaining calm and examining why you're anxious and fearful is a good place to start. In today's activity, we'll explore ways to conquer some of our internal reactions to fear.

ACTIVITY INSTRUCTIONS

1 On the lines below, write down five of your fears. Then, write those same fears on the paper squares, one fear per square. Roll up each square and place it inside your deflated balloon.

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2 When everyone has placed their squares into the balloon, we'll take turns saying one of our fears aloud and blowing air into our balloon:

- Blow once for an occasional fear.
- Blow twice for a weekly fear.
- Blow three times for a daily fear.
- Blow four times for a continuous fear.

3 We'll continue around the room, adding air for each fear we've experienced. As we're doing the activity, notice how your feelings change as your balloon gets closer to popping. Are you thinking, "The pop will be loud"? Are you plugging your ears or slowing down by adding smaller breaths? Let's discuss how we manage the anxiety of being startled by a popping balloon.

4 When the first balloon pops, release your balloon and let it squeal and flutter around the room. How do you feel now after the anxiety of the first balloon popping is over? How did it feel to witness your balloon deflate? Did you feel relief?

