Wellness & Resilience

TU DILO: MIND FIELD*

Learn how to manage your emotions during situations that are out of your control to ensure your safety and increase positive outcomes in future events.

Instructions

- **Step 1**
  - The facilitators will give a balloon to each participant and ask them to think of something that you appreciate, it can be situations, activities or people.

- **Step 2**
  - When everyone has a balloon, participants will blow it up and write what they appreciate (on the balloon).

- **Step 3**
  - They will be divided into two groups, one group will tie the balloon in the shoelace or in a bow or ribbon on the ankle and they will have to protect them, while the other team tries to burst the balloons of their counterpart.

- **Step 4**
  - The exercise is repeated exchanging groups.

- **Step 5**
  - The group that pops the balloons in the shortest possible time is the winner.

- **Step 6**
  - Once the activity is finished, make a small reflection by asking the participants:
    - How do you act when someone affects what you love most?
    - How do you feel about this?
    - Could you have done something different, and if so, what would you change?

*This activity was created as a continuation of learning connected to the Tu Dilo Limitless Project.

For more Wellness & Resilience activities, visit www.preparecenter.org/TeenPrepKit