

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

Wellness & Resilience

Time

15 minutes

Difficulty

Easy

Resources

Balloons, ribbons, markers

*This activity was created as a continuation of learning connected to the [Tu Dilo](#) Limitless Project.

● 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?



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