

Activity 4:

Hope is in the air

This activity aims to energize the participants and provide reflection about intercultural settings.

Description

There are no pairs or groups in this activity, all the participants are in one team.

- Prepare enough balloons (i.e. at least 1-2 per person) for use during the activity.
- Ask participants “What is needed (e.g. personal traits, environment) to do well in intercultural settings/groups?”. For more mature groups, you could also ask something like “What are the challenges in your community when it comes to intercultural interactions”
- List the answers on a piece of flipchart paper.
- Ask each person to blow up a large balloon to its full size.
- Ask them to review the flipchart list, choose an answer and write the answer on the balloon

Explain:

- ◊ The goal of this activity is to keep all the balloons in play at all times.
 - ◊ You will time the group to see how long the group can keep the balloons in the air.
 - ◊ Once in the air, balloons can be hit by any group member with any body part.
 - ◊ If a balloon touches the ground, the group will get one strike.
 - ◊ There will be three opportunities for the group to go for the best time.
 - ◊ When you say “Go!” each person launches one balloon into the air. Players cannot hold balloons or let them touch the ground, and they must keep all the balloons in the air.
 - ◊ Every fifteen seconds, add another balloon until you are out of balloons.
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- After 3 strikes (when 3 balloons have touched the ground), stop the clock, and tell participants the time. Between each play, tell youth they have 1 minute to brainstorm and plan how they can improve their time (to keep the balloons in the air longer).
 - Lead a discussion and give time to participants for reflection.

Discussion questions

Reflect

How did it feel when new balloons were added? What strategies did you use to keep them in the air?

Connect

How does it feel in life, when there are too many problems/things to focus on? In this activity, what would have happened if you had fewer balloons? If you had more time to plan?

Apply

What can you do to keep all the balloons in the air in your life? What does this activity tell us about the best way to approach problems related to intercultural learning in your community? (For example, the importance of planning, or focusing on a few issues rather than everything at once.)

Facilitation notes

Make sure that participants are working together to find new strategies for keeping the balloons in the air.

Possible variations:

Ask participants to reflect on the difficulties that people coming from different cultural backgrounds would have to face in a new society.

Number of Teachers or Coaches	1-2
Number of Students or Athletes	Open
Typical Age Group	12+
Time Needed	20 min
Space Needed	Open space such as a large room, play area or gym
Materials Needed	<ul style="list-style-type: none">• Flipcharts• Pens/Markers• Balloons
Activity Objective	To understand self through reflecting on personal experiences and to develop critical thinking.
Related Units	Unit 1 and Unit 3
Related Learning Competences	Self-awareness, emotional-awareness, critical thinking