

# UNDERAGE DRINKING PREVENTION HIGH SCHOOL PRESENTATION

## BALLOON GAME ACTIVITY

Slide



### **BALLOON GAME INSTRUCTIONS:**

1. Request youth volunteers from the audience.
2. Each youth takes a balloon and comes to an open space in the room to form a circle with the other youth volunteers.
3. Ask the youth to blow up the balloons if they are not already. Use caution so the balloons are not blown up too large otherwise they'll pop during the game.
4. Ask the youth holding each balloon color to tell the class the associated characteristic about themselves as follows... (these can change depending on available balloon colors in a package)
  - White Balloon- Best school subject
  - Yellow Balloon- Responsibility
  - Blue- Physical activity or sport you participate in
  - Green- Something others like about you
  - Purple- Source of stress
  - Orange- Quality you like about yourself
  - Pink- Someone you care about

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### **Balloon Game Instructions (cont...)**

5. Ask for one more youth to join the circle with the other youth— “a brave individual that can represent your *very special* RED balloon.”
6. The red balloon represents a drug— alcohol.
7. Final instructions to youth on how to play the game...
  - a. **Toss the Red Balloon into the air first**
  - b. **One by one toss the other balloons into the air**
  - c. **Work as a team to keep ALL the balloons in the air as long as possible... but NEVER ALLOW THE RED BALLOON TOUCH THE GROUND**
8. Allow the game to continue for a couple minutes after all the balloons are in the air at once, and you’re starting to witness the youth having trouble keeping them all in the air at once. Keep reminding the youth to not allow the red balloon to hit the ground throughout the game.

**Alcohol is a drug, and like other drugs it can affect every aspect of your life.**

**You balance many responsibilities— part-time job, family, school, friends, sports, school clubs, church/ youth groups, etc....**

**BUT... when if alcohol (RED BALLOON) is added to the mix, it can become the central part of one’s life, and take a toll on relationships, productivity, mental well-being and physical health**