



# STRESS FOR SUCCESS

## Supplies Needed:

- 5 small objects (i.e. emoji balls, small pool balls, stuffed animals, etc.)

## Implementation:

Ask participants to stand and form a circle. Give one of the participants one of the objects. Have the first person toss the object to someone else and remember who they tossed it to since they will be asked to remember and continue the same pattern. Each person tosses the object to someone who has not yet had the object. The last person sends it back to the original person who “keeps the ball rolling” a little fast than the first time. Once they have the pattern down, introduce another object- then another and then another.

## Learning and Discussion:

Have everyone sit down and identify what they can learn from the activity and how they were feeling:

1. How were you feeling before the activity?
2. How were you feeling during the activity?
3. What was going through your mind during this activity? Were you thinking about what you would do after group or what you would have for dinner? Probably not since you had to be fully present and focused on the task at hand.
4. What did you learn you had to do to be successful? (I.e. you had to learn to concentrate and calm down so that you wouldn't get frustrated and randomly throw the objects or quit the activity) **This is regulating your feelings!**
  - a. Life is like this activity- we all juggle many things at one time and we may be juggling multiple emotions at once, and if we are not focused, things can get out of control and blow up. If we focus too much on the past or present, the objects will pound and bombard us if we are not alert.
5. What could have happened if you would have bottled up your emotions rather than regulate them during this activity? Is it good for us to bottle up and not show our emotions? What are some things we can do, or use, to release our emotions in a healthy manner? (Example: stress balls!)