



INFLATED OR DEFLATED ACTIVITY

Focus: Balloons symbolize how youth feel that other affect their identity

Activity:

Give each youth a balloon. Tell them to blow once into the balloon each time you mention something that helps them feel good about themselves and let out a little air each time you mention something that makes them doubt or feel back about themselves.

Then say the following statements:

Someone:

- Takes your needs seriously
- Gives you a hug
- Laughs at your jokes
- Takes advantage of you
- Discriminates against you
- Trusts you with a secret
- Believes you can do something and tells you so
- Rejects you
- Thanks you for doing something for her or him
- Expects too much of you and you can't meet those expectations
- Calls you names
- Ignores you
- Forgives you
- Invites you to do something exciting

Discussion Questions:

- How did you feel as you watched your balloon become bigger? Smaller?
- Did some people deflate their balloons quietly while others did so loudly? Why? How is that similar to how people act in real-life situations?
- What would your balloon look like right now if I asked you to inflate to match your level of self-esteem? Would it be large or small? Why?
- How can we encourage each other to keep our balloon large and full?