

# SECTION 3



## Building Resilience

### Title: Lean on Me

**Aim:** To explore the supports that people need to be able to lead healthy and fulfilling lives

**Age:** 8+

**Time:** 20 minutes

**Materials:** Tennis ball, paper, markers



### WHAT TO DO

Ask the group to list as many of the challenges they think affect the world today. They can be local or global, personal or community. Ask for a volunteer to stand in the middle of the room. The volunteer represents a person who faces one of the challenges listed. Ask the group what they think would happen if this person were to lean backwards? How could the group prevent the person from falling over?

Ask the group to call out the types of supports that would help the person in the middle to be resilient? As people name the supports, they stand around the volunteer, arms outstretched and feet apart, one foot in front. When there are enough supports in place, ask the volunteer in the middle to stand with feet together and hands folded across their chest. Invite them to lean backwards. The group of supports gently move the person around the circle. After a few minutes, stop moving the person and allow them to stand again.

Ask the group if they could think of any reason why some of these supports might not be available? For example, reduced funding, corruption, ill health, people not caring, etc? What might happen if they didn't have the supports they need to get on in life?

 **DEBRIEF:** Do people need supports in the world? What happens if supports are available or not? Why do you think people don't have the supports they need? Who suffers most? Can you think of any solutions?  
(Adapted from an activity by Darius Musukwa, YMCA Zambia)

**Alternative idea:** Using the challenges identified, ask the group to create a large circle. A volunteer stands in the middle and represents one of the issues. Those forming the circle have a ball to pass to each other. Before they pass it, they give a reason for the challenge/problem. If the person in the middle catches the ball, the one who threw it joins them in the middle. That person is now a solution to the problem and they name the solution. The game continues as the 'solutions' in the middle try to get as many more solutions (team members) as possible. The solutions can help each other in finding new solutions. The group throwing the ball around must keep naming new causes of the problem. The game ends when the solutions outnumber the problems.

 **DEBRIEF:** Was it easy to be a cause or a solution to the problem? What made it difficult/easy? Did their feelings change during the game? Why? What happened when there were more solutions/causes?

 **ACTION IDEA:** Compare the list of challenges the group created to the supports that are in place in their own community. Make a presentation to local politicians and ask them about what role everyone can play in getting these supports in place. For national and global Issues, contact your local TD. See Contacts in this resource.