

POWER IS...



AIM

To identify and explore sources of power

AGE

8 years and older

TIME

25 minutes

MATERIALS

Balloons, post-its, markers

WHAT TO DO

The group sit in a circle, start with one person and move to the left, every person says "Power is...". And adds something to it, such as; electricity, guns, voting... Keep going until somebody can't think of anything or they take too long. That person has to stand up. When it comes back around those people standing have another chance to re-enter the game by saying something. Keep playing until everyone stands up.

Brainstorm in the large group on what things are necessary to live a happy life. For example, you might need a home, food, money, clothes, a TV, an MP3 player, a mobile phone, family, to be listened to, protection from harm, medicine when you are sick and so on. The more your needs are met, the more power you can exercise. Ask if there are some things you need more of than others.

Divide into two or more teams. Give the teams a pile of balloons and explain that these represent the needs a person has. If they want, the groups can write the needs they identified on each balloon or on a post-it note and stick it on the balloon. One person volunteers from each team. Team mates have one minute to energise the balloons by rubbing them on their clothes and sticking them to the volunteer. The team with the most balloons stuck after one minute is the winner.

- How does it feel to have more or less of the balloons?
- What needs did you end up with?
- Do you think it's true that the more your needs are met, the more powerful you are?

ALTERNATIVE

Instead of energising and sticking the balloons to a volunteer, they can race the other team(s) to inflate the most balloons and the teams volunteer must hold as many as possible for 10 seconds. At the end, burst all the balloons.

DEBRIEF QUESTIONS

- If the team with the most balloons was a country what country might they be?
- Who might the other teams represent?
- If they were a company what might they make or sell?
- If they were a football team who would they be?
- Is it possible to be powerful without these needs being met?