



**DEAL WITH IT!**

## **Deal with it...**

**Identify Problem:** Our reactions to an event can cause feelings of stress (our physical, mental, or chemical reaction to situations that cause fear, anxiety, excitement, or danger). If the energy created by stress is not released, it can build-up and cause problems for us and for others.

**Materials:** Balloons

**Exercise:** Using 4 different color balloons demonstrate what can happen at different levels of excitement if we have built up energy.

1. Blow up the first colored balloon fully, so it's tight and close to bursting. Tie it off (but be careful, you do not want it to pop). Discuss some of the characteristics and qualities of this balloon (it's nice to look at, good for decorating, needs to be handled with care, etc.)
2. Blow up another balloon (a different color than the first) with too much air, until it pops. Describe what happened to the balloon and why (it exploded, it burst, it came apart).
3. Blow up a third balloon (again a different color than the ones before) pinch it off with your fingers, but don't tie it. Then, release the balloon, letting it fly all over the room. Discuss the characteristics of this balloon (it went all over the place, it was out of control).
4. Blow up the last balloon (again a different color). Do not over fill it. It should have some give to it (if it's too full you can let out a little bit of air). Tie it off. Toss it around the room with a few students. Discuss the characteristics and qualities of this balloon (it's flexible, it's less likely to explode, it's resilient).
5. Give everyone a balloon and ask them what their style is. Have them fill up their balloon appropriately.

### **Questions and Discussion:**

- Have the students discuss their balloon type.
- Discuss different ways you can "let some air out"

**Identify Skills:** Stress management.  
Releasing built up energy.  
Express feelings constructively.