

Seniors



GET ACTIVE



20 MINUTES



IN THE
CUPBOARD

WELLBEING JENGA



AIM

It's good to talk, but sometimes it can be difficult to find the right setting or time. Use this adapted game of Jenga to help address important topics of conversations around mental health and wellbeing. Link to Children's Mental Health Week (6th to 12th February).

WHAT YOU'LL NEED

- > Jenga Blocks
- > Wellbeing Jenga Discussion Starters

GET ACTIVE: WELLBEING JENGA

THEME: ME & MY WELLBEING



LEADER PREPARATION

A leader will need to ensure they have a Jenga set available for this activity. You'll also need to have a copy of the discussion starter questions available too.



[Download Wellbeing Jenga Discussion Starters](#)



GETTING INTO THE ACTIVITY

- 1 You'll need a copy of the discussion starters, ready to be used in this activity. Set up a Jenga tower, before doing this write the numbers 1-18 on the blocks.
- 2 Play a game of Jenga, with each person taking turns in attempting to remove a block without the tower falling over.
- 3 Before placing the block at the top of the tower, take a look to see what number has been written on the block. This number corresponds to one of the wellbeing questions on the sheet.
- 4 Someone should read out that number question for the person who removed the block to answer.
- 5 All the questions on the sheet are themed around wellbeing. This might include exploring different emotions, strategies for improving wellbeing or your hopes and fears for the future.
- 6 Encourage those answering the questions to be as honest as they are comfortable being. This activity is all about having open and honest conversations and discovering the power of talking about your wellbeing and the things that contribute to it.
- 7 Keep playing the game until the tower falls over. You could then finish the activity there or rebuild the tower and go again.
- 8 At the end of the activity thank everyone for being open with their answers. We all experience different feelings and emotions and one of the best things we can do is to talk to others about how we are feeling. It's important we remember that and never try to bottle up how we feel. It's also important that we are good friends to the people around us and regularly ask our friends how they are feeling and be ready to listen to what they have to say if they want to talk.



DID YOU KNOW?

- **20%** of people may experience a **mental health problem** in any given year.
- **77%** have suffered with common mental health symptoms like **anxiety, stress or depression**.
- **40%** have **never spoken to anyone** about their mental health.
- **29%** of those who haven't say they are **"too embarrassed"** to speak about it.



KEEPING EVERYONE SAFE

Talking about mental health and wellbeing may be difficult for some young people. Don't force anyone to talk if they don't wish to and be ready to adapt the activity should a young person struggle or become upset.

WELLBEING JENGA DISCUSSION STARTERS

- 1) What was the best thing that happened to you today?
- 2) What small thing always gets you a bit angry?
- 3) If you're ever feeling down what's your go to thing to cheer you up?
- 4) If you were filling a box with things that make you happy, what would be the first three items you'd put in it?
- 5) What's your biggest phobia / fear?
- 6) Tell a joke that would guarantee to cheer up someone who was feeling a bit down.
- 7) What's the worse thing you've broken when you've been angry?
- 8) Tell us a time you overcame a fear. What was the fear and how did you feel afterwards?
- 9) What one song would you play to help you feel calm and relaxed?
- 10) What was the last film / TV show that made you cry?
- 11) What are you feeling most excited about for the next month?
- 12) Tell us about a time you felt really nervous? When was it and how did you overcome it?
- 13) If you could get rid of one emotion, which one would it be? (i.e. fear, nervousness, worry etc)
- 14) What's film is always guaranteed to cheer you up if you're feeling a bit down?
- 15) Which exam have you sat at school, which made you worry the most? Why?
- 16) What one bit of advice would you give to someone younger than you about dealing with exam pressure and worries?
- 17) Where is your 'happy place'?
- 18) What one thing excites you most about growing up. What one thing worries you the most about growing up?