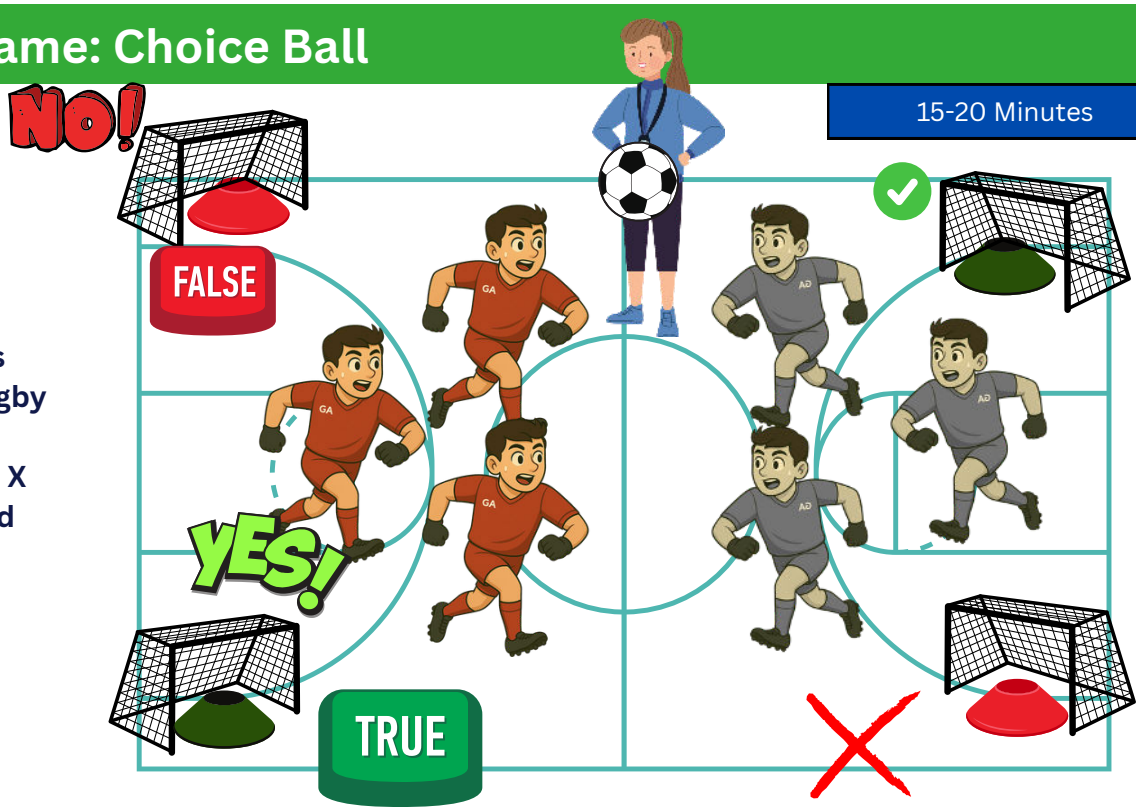
Game: Choice Ball

15-20 Minutes



Equipment required:

- 4 Pop Up Goals
- Bibs with 2 sets of colours
- A football/ tennis ball/ rugby ball/ Hurling ball
- Two A4 pages with a large X and two with a tick printed out
- Print out to use Words on next page

Intended learning outcomes

- By the end of this activity, participants should be able to differentiate between positive and negative statements relating to mental health
- By the end of this activity, participants should be able to demonstrate decision-making skills by applying rules to score in the correct goal
- By the end of this activity, participants should be able to reflect on the meaning and impact of words and statements about mental health in everyday life

Activity

- At each end, designate one goal as Right/Good and the other as Wrong/Bad.
- The coach will call out statements related to mental health. Teams must work together to decide whether the statement is correct or incorrect, then aim to score in the appropriate goal. Use language that is suitable and relevant for the group being coached.
- The ball is placed in the middle to start play, and the first team to score in the correct goal earns the point.
- After each goal, take time to reflect and discuss why players believed the statement was right or wrong, and explore the meaning behind it. NOTE: You can keep reflection to the “End of the Session”

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Game: Choice Ball

15-20 Minutes

Impact on Wellbeing

Positive		Negative	
Healthy Diet	Eating a balanced diet	**Bullying**	Persistently making someone feel bad
Connecting with friends	Being social; talking and hanging with mates	**Illegal drugs**	Drugs that are illeagal
Helping others	Being helpfully; doing things for others	**Being cheeky to people**	Lack of respect
Caring about people	Showing empathy	**Not listening to coaches**	Making it hard for coaches to coach
Listening in training	Making it easy for a coach to deliver a session	**Lashing out**	Hitting out verbally/ physically
Trying your best	Doing your best; behaviour and effort	**Swearing**	Foul language
Asking for help		**Discrimination**	Making someone feel different due to colour of skin; community status etc

Note: You can add extra words yourself and adjust for your audience.

Right Statements

1. 1 in 8 young people suffer from poor mental health issues
2. 1 in 5 adults suffer from mental health issues
3. Talking about mental health is a sign of strength
4. Mental Health affects us all
5. If I feel down for more than 2 weeks, I should see a doctor

Wrong Statements

1. People with mental health problems should be locked up
2. Mental Health is a negative thing
3. People with poor mental health cannot work
4. Keeping everything bottled up is fine
5. There is no help for people with mental health

Note for extra points: ask who can name Support Groups

- Lifeline
- Doctor
- Childline
- Minding Your Head
- Helplines NI
- Samaritans



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