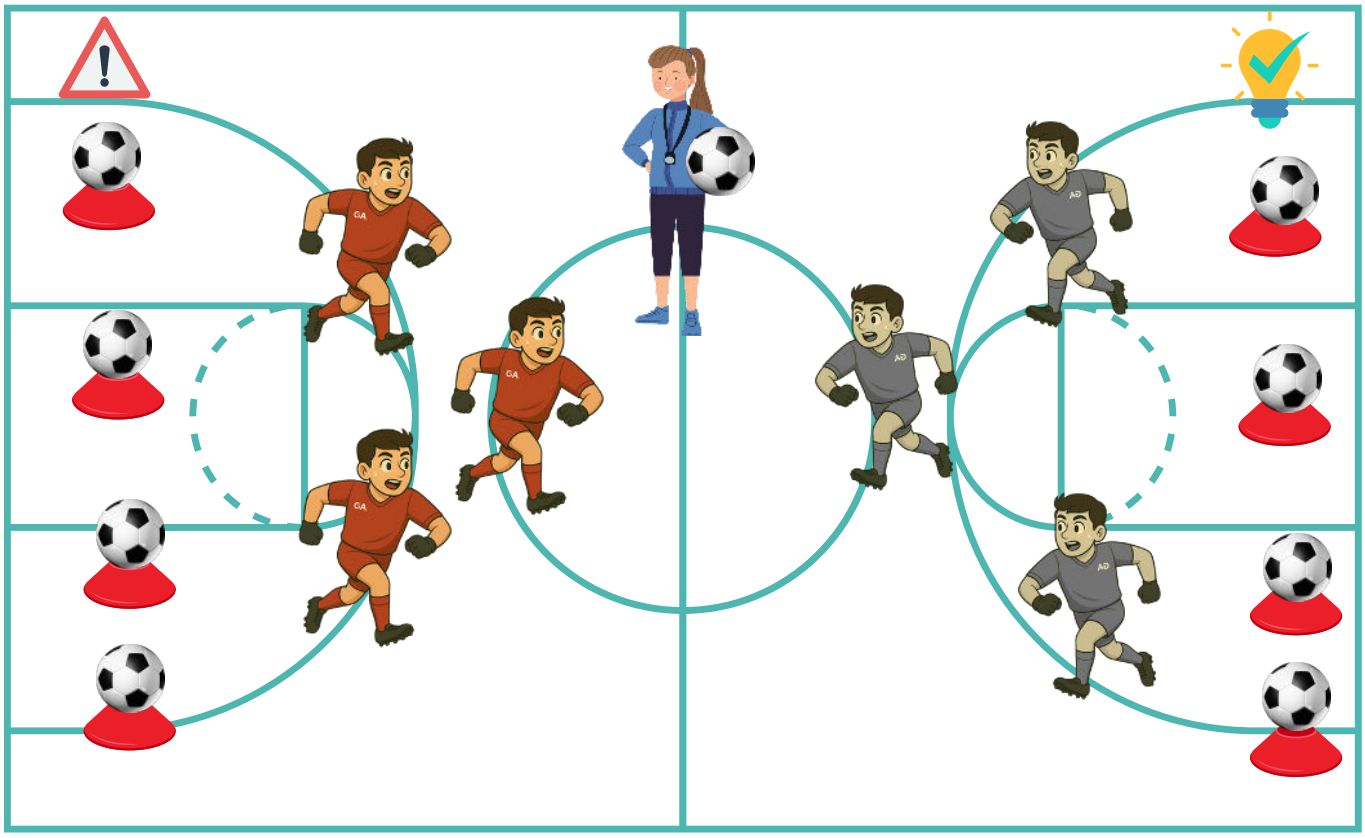
Game: Target Your Problems

15-20 Minutes



Intended learning outcomes

1. By the end of this activity, pupils should be able to recognize and clearly describe personal or social problems they may encounter.
2. By the end of this activity, pupils should be able to generate and explain potential solutions to identified problems.
3. By the end of this activity, pupils should be able to work TOGETHER with peers to apply problem-solving strategies in a supportive team environment

- Divide players into two teams.
- Place balls on top of cones at one end of the hall.
- Ask players to identify a “Problem.” Once they do, place a ball on a cone to represent it (alternatively, provide a problem from the game card).
- Ask players to identify a matching “Solution” and place a ball on the cone opposite the problem.

Once the problems and solutions are set:

- Organise a 3 v 3 match where teams attempt to knock down the other team’s balls.
- If working with larger groups, introduce additional balls so more players can participate.
- The first team to knock down all of the opponent’s balls is declared the winner.

Game: Target Your Problems

15-20 Minutes





1. Feeling anxious or worried
2. Struggling with schoolwork or exams
3. Friendship fallouts
4. Being left out or feeling lonely
5. Bullying (in person or online)
6. Pressure from social media
7. Family arguments at home
8. Not having enough money for things they want or need
9. Worrying about the future (jobs, college, life in general)
10. Feeling low in confidence or self-esteem

1. Talk to a trusted adult or use calming techniques
2. Ask a teacher for help or break work into smaller steps
3. Talk calmly, apologise, or give space
4. Join a club or invite someone new to hang out
5. Tell a teacher/parent, block/report online, spend time with supportive friends
6. Take breaks from social media and unfollow negative accounts
7. Step away to cool down and talk when things are calmer
8. Save bit by bit, look for free activities, ask for budgeting advice
9. Set small goals and talk to a careers teacher
10. Write down strengths, try new activities, talk to someone encouraging