

POWER UP TOWER

AGE 7-10

THIS ACTIVITY EXPLORES:

Tempting offers, hidden catches, quick decisions and pressure to take risks.

HOW TO SET UP

Prepare an equal material pack for each team. Keep the Power Up Cards with the facilitator. Cover the catch on each card until the team accepts or refuses the offer.

TIME NEEDED: 15-25 MINUTES

YOU WILL NEED:

For each team:

- 10 drinking straws
- Six strips of tape
- Two sheets of A4 paper
- One small paper ball
- One pair of scissors

For the facilitator:

- Timer
- Ruler or tape measure
- Cut-out Power Up Cards
- Spare straws, tape and paper

HOW TO RUN IT

1. Give teams eight minutes to build the tallest free-standing tower they can.
2. After two or three minutes, offer each team a Power Up Card.
3. Read the benefit without revealing the catch.
4. Give the team a few seconds to accept or refuse.
5. If they accept, reveal the catch and apply it straight away.
6. If they refuse, continue the challenge without a penalty.
7. Offer each team the same number of cards.
8. At the end, measure every tower that stands without support.
9. Celebrate creative decisions, teamwork and thoughtful refusals, rather than height alone.

QUICK DEBRIEF

- Which Power Up sounded most tempting?
- Did any team accept a card before thinking about the catch?
- Did the offer help, or did it make things harder?

KEY MESSAGE

Something can look helpful, exciting or easy at first, but the catch may not be obvious straight away. Pressure around smoking, vaping or nicotine products can work in a similar way. The message may focus on a quick benefit, such as fitting in, relaxing or trying something once, but leave out cost, dependence, rules, pressure or feeling stuck.

BYDDWN YN EDRYCH AR:

Cynigion apelgar, amodau cudd, penderfyniadau cyflym a phwysau i gymryd risg.

SUT I BARATOI?

Paratowch becyn cyfartal o ddeunyddiau i bob tîm. Cadwch y Cardiau Hwb gyda'r hwylusydd. Gorchuddiwch yr amod ar bob cerdyn nes bod y tîm yn derbyn neu'n gwrthod y cynnig.

AMSER: 15–25 MUNUD**BYDD ANGEN:****AR GYFER POB TÎM:**

- 10 gwelltyn yfed
- Chwe strided o dâp
- Dwy ddalen o bapur A4
- Un bêl bapur fach
- Un pâr o siswrn
- Ar gyfer yr hwylusydd:
- Amserydd
- Pren mesur neu dâp mesur
- Cardiau Hwb i'w torri allan
- Gwellt, tâp a phapur sbâr

SUT I'W WNEUD

1. Rhewch wyth munud i'r timau adeiladu'r tŵr annibynnol talaf y gallan nhw.
2. Ar ôl dau neu dri munud, cynigiwch Gerdyn Hwb i bob tîm.
3. Darllenwch y fantais heb ddatgelu'r amod.
4. Rhewch ychydig eiliadau i'r tîm dderbyn neu wrthod.
5. Os byddan nhw'n derbyn, datgelwch yr amod a'i roi ar waith yn syth.
6. Os byddan nhw'n gwrthod, parhewch â'r her heb gosb.
7. Cynigiwch yr un nifer o gardiau i bob tîm.
8. Ar y diwedd, mesurwch bob tŵr sy'n sefyll heb gymorth.
9. Dathlwch benderfyniadau creadigol, gwaith tîm a gwrthodiadau ystyriol, nid uchder yn unig.

CWESTIYNAU CYFLYM

- Pa Hwb oedd yn swnio fwyaf apelgar?
- Wnaeth unrhyw dîm dderbyn cerdyn cyn meddwl am yr amod?
- Wnaeth y cynnig helpu, neu wneud pethau'n anoddach?

PRIF NEGES

Gall rhywbeth edrych yn ddefnyddiol, yn gyffrous neu'n hawdd ar y dechrau, ond efallai nad yw'r amod yn amlwg ar unwaith. Gall pwysau ynghylch ysmygu, fepio neu gynhyrchion nicotin weithio mewn ffordd debyg. Gall y neges ganolbwyntio ar fantais gyflym, fel ffitio i mewn, ymlacio neu roi cynnig ar rywbeth unwaith, ond gadael allan gost, dibyniaeth, rheolau, pwysau neu'r teimlad o fod yn gaeth.