

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.