

REASON RUMBLE

AGE 10-14

THIS ACTIVITY EXPLORES:

Peer pressure, quick thinking and choice

YOU WILL NEED:

- Pressure cards
- A timer
- Paper and pens

HOW TO SET-UP?

Split the group into small teams and choose one realistic, age-appropriate pressure scenario. Use fictional scenarios and let anyone pass.

TIME NEEDED: 10-15 MINUTES

HOW TO RUN IT

- Split the group into small teams.
- Read one realistic pressure card. Give teams 30 seconds to think of possible responses, reasons or ways out.
- Start a 60-second timer.
- Move around the teams, asking each one for a different realistic response.
- A team can pass if it needs more time. Nobody is removed from the activity.
- Record every new response. Repeated answers do not count twice.
- Play again with a new card and see whether the group can beat its previous total.
- Add bonus rounds:
 - Funny round: Responses can be funny but must still be realistic.
 - Exit round: Every response must help the person leave or change the situation.
 - Silent round: Players mime an action, such as moving or putting a phone down.

QUICK DEBRIEF

- Which response sounded most realistic?
- Which response would be easiest to use?
- Was it harder to think when the timer was running?
- Did humour make any responses easier to say?
- Which actions could help someone leave the situation?

KEY MESSAGE

There is no single perfect response to pressure. A reason, a line, humour or a quick exit can all help someone choose for themselves.