

Keepie Uppie



You will need

- Emoji Balloon (optional)
- 2 Coloured Balloons
- Black Permanent Marker Pen

Before you begin

On one of the plain coloured balloons, write the words “My wellbeing” and then read the “Reflection” notes.

Have a go

1. Write your name on the Emoji Balloon and as many words that you can think of that describe how people can sometimes feel i.e. Happy, Sad, Energetic, Tired, Lonely etc. (you can use a plain coloured balloon if you prefer).
2. Take another plain coloured balloon and write on it words to describe something that you have experienced yourself or something that has happened to a friend or family member. This might include falling out with a friend or finding a new one, losing a possession or being given a gift, doing badly in a test at school or college or passing exams.
3. Stand in the centre of the room, holding both the balloon you have written on and the balloon that has “My Wellbeing” written on it too.
4. Now bounce both balloons lightly into the air, take care to stop both balloons touching the ground. You can use any part of your body to do so.
5. If you have an Emoji Balloon you can try to keepie-uppie with that one too.
6. This game is similar to what life can be like for a young person who is struggling with a mental health issue. You might find that you have to deal with lots of issues at the same time and should always remember to think about your wellbeing and ask for help from other people.

Additional Information

How many balloons can you keepie-uppie at the same time? If you need to ask for help from someone to keep all the balloons in the air, just like in real life, remember it is ok to ask for help.



Reflection

Can you remember a time when you have felt happy and positive about yourself?

Can you remember a time when you ever felt worried or down about something?

Well, this is your mental health! It's how we think, feel and react. Sometimes our mental health may cause us to feel angry, sad and not wanting to talk to friends or family.

This could be for lots of different reasons like changes we go through in our lives. Some changes that we could go through as young people are:

- Moving from primary to secondary school
- Going from school to college or work
- Moving house
- A brother or sister being born
- Death of a pet

Dealing with changes and how we react to these can be difficult which has an effect on our mental health.

Mental health is just like physical health.

Everybody has it and needs to look after it. If you fall over and hurt yourself, you would go to the hospital, tell the doctor what happened and get checked over to make sure you do not have any broken bones. This is the same as for our mental health. If you are feeling sad or worried and you are not sure about how to make yourself feel better, it is important to talk to someone so that you can get help and support for your mental health.

Safety

Allergies – beware of latex allergy risk.

All Activities are taken from the Scout Association's Great IN Doors programme.