

ACTIVITY BASED ENGAGEMENT 009
MAY 2019

PASS THE POWER

Silence is golden in this fun team game. Easy to understand and play, this game helps young people reflect on the people who support and empower them, like family, friends, teachers, coaches and youth workers etc.

What age group is this appropriate for?

5 years and older

Where should it be done?

Indoors or outdoors

What group size?

Must be done in teams with equal numbers

How much time is needed?

10 minutes to explain the activity

2 minutes to play each round (can be repeated as many times as you like)

Resources required:

Marker cone or ball

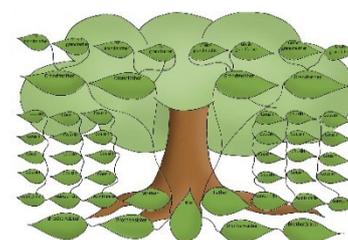
Directions:

1. After splitting the group into even teams, have the team's line-up parallel to each other. The facilitator stands at the head of both teams.
2. Each team holds hands so they form a chain resulting in two linked teams.
3. Tell the teams to step back or forwards so there is a 1-meter space between the teams.
4. Place the cone or ball in the middle of the two teams at the rear of the line.
5. The facilitator returns to the head of the line and takes the free hands of the two young people standing closest.
6. Explain: I have the power; you are the power line. The aim of the game is for the person at the end of the line to grab the cone/ball BUT they can't do that until they get the power. Pass the power to both teams at the same time by squeezing the hands of the first two people, with the power passed down the line through hand squeezes, nothing else. Once the person at the end feels the power they can open their eyes to grab the cone/ball and get the point for their team. The tricky part is that everyone (except the facilitator) has to play with their eyes closed. False grabs lose points so wait for the real squeeze.

Outcomes:

A great game to emphasise the importance of communication even though it is done in complete silence. What are they communicating and to whom? Who is communicating to them? This is a good activity to do to find out about the people important to the young people. Discuss the people who support and give them power as well as people who they feel they give power to. In a safe environment you can also discuss what type of people don't share power. or who may take power away from them.

Mg Family Tree



PURPOSE OF THE ACTIVITY:

NEVER ALONE

The line represents whakapapa, family bond, good friendships and support. Even when we can't see them we know good people are there to support us and empower us to achieve our goals.

Sometimes all we need to do is take some time to reflect on who has been there for us, or given us encouragement, provided resources or have been good role models. We all have places and spaces where we belong, and people who make us strong to achieve great things. We also have the ability to play both roles by not only receiving the power but passing the power to others so that they can also achieve their goals.

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