



Life Skills – Coping with Stress

Accept, Ignore, Reject



Aim of the Game: For three volunteers to hit a mark in a circle under different conditions

Learning Objectives:

- To discuss feelings of acceptance, rejection and being ignored.
- To see how these feelings may affect performance.
- To explore how to deal with these feelings.

Structure:

A plenary group and three volunteers

Time:

15-30 minutes

Materials:

Three blackboard erasers, a circle (about 12cm diameter) drawn on the floor with chalk or on a piece of paper laid on the floor.

Method:

- Ask three volunteers from the group to step out of the room as you give the rest of the instructions.
- Tell those remaining that you shall ask each of the three volunteers to hit a mark or target (the circle) and when you ask each of the volunteers to take his/her turn to hit the mark, everyone will act as follows:
 - When the first person tries, the whole group will cheer and encourage,
 - When the second person tries, the whole group will yell out and boo,
 - When the third person makes his/her attempt, the whole group will ignore them, paying no attention and showing no interest at all.
- Call back the volunteers and show them the circle. Ask them to stand about 3-4 metres away from the circle and give them each a blackboard eraser. Instruct them to take turns hitting the mark (X) inside the circle.
- As they try to hit the mark, give clues to the rest of the group to accept, reject and ignore.
- Bring the group (troop) to discuss what happened, by first asking the three about what they felt.

Evaluation:

- What/how did you feel when you were cheered?
- What/how did you feel when you were "booed" and rejected?
- What/how did you feel when you were totally ignored?
- When do feelings of being accepted, rejected and ignored happen in real life situations?
- What do we do in these kinds of situations?