

# All By Myself Balloon Game

## Step-by-Step Instructions:

1. Ask participants to divide into pairs.
2. Give each pair one balloon and instruct them to inflate and tie it.
3. Ask each pair to determine who will be player A and who will be player B.
4. Explain that player A's job is to keep the balloon in the air by hitting it lightly with his or her hand. Player B should just watch and not help. Continue this long enough that player A is getting tired and may even miss the balloon.
5. Process with the group how it was for player A to have to keep the balloon up all by herself or himself. Ask about player B's experience with just watching and not helping.
6. Continue the game again, except this time both players can hit the balloon.
7. Ask about the differences between accomplishing the task together versus doing the task alone.

**Group Size:** 11 to 25

**Time Needed:** 1 to 10 minutes

**Goal:** Explore how it feels to handle problems on your own

**Audience:** Couples, Teens, Parents, Children, Singles

**Special Considerations:** May need to assist some participants inflate their balloons

## Resources Needed:

- ✓ One balloon per person

## Tips for Discussion and Processing

This activity illustrates the challenges of one person trying to do it all and the importance of reaching out for help. It can be really powerful in couple groups with work/life balance issues. It can also be used to talk about what happens when a person in a relationship withholds sharing problems and challenges. While it may seem that player A has the most challenging position, player B may find it very hard to sit by while their partner struggles and they cannot do anything to help.