



Balloon Exercise

Don't Stress till You POP!

You all have been given a balloon which you will use to demonstrate what life's stresses and conflicts can do to us.

As each statement is read and if that statement applies to you, blow a puff of air into your balloon. After each puff, hold the air in the balloon. Do not release the air.

Blow into the balloon if this applies to you:

1. National and local news is often depressing. If you listened to the news or read a newspaper yesterday, blow into your balloon.
2. In the last week if you were involved in a conflict with your parents, blow once. If you were involved in a conflict with a sibling, blow twice.
3. Stress related illnesses fill doctor's offices. Blow in your balloon if you have someone in your immediate family with an illness.
4. In the last week you went to class unprepared and weren't sure what would happen as a result of your unpreparedness. Blow once.
5. In the last week you had a test in class blow once for each test. If you didn't study blow twice.
6. In the last week if you had a major class project due. Blow.
7. In the last week someone at school drove you crazy for whatever reason. Blow.
8. In the last week you forgot to do something that was important to you or others. Blow.
9. In the last week one or more people created a difficult or stressful situation for you. Blow.
10. Your teacher/parent/supervisor had to visit with you about a problem. Blow.
11. In the last week you had a disagreement with a friend. Blow.
12. In the last week you felt under a great deal of time pressure. Blow.

Name: _____ Period: _____ Date: _____

Teacher Notes:

- As you can see, stress is a big problem that needs attention. You can also see that some of us have more stress in our lives than others. We have choices about how we handle the conflicts and stresses in our lives.
- We can either blow up or strike out at others (pop balloon) or we can let all of our air out at once and be totally out of control.
- We can face a conflict and handle it in a constructive manner, letting off an appropriate amount of steam/emotion and going on with the business of living with enough confidence inside to sustain us until the next conflict hits. You have
- A choice to make. Think of one of your most recent stresses/conflicts. How did you handle the conflict or stress? Release the balloon in the most appropriate way to indicate your reaction to that conflict/stress.