
Goal: Practice “Balancing”

Prep:

1. Prepare various ‘put-downs’ attached by cutting them into strips. You will need to have at least 2 put-downs per participant.
2. Put these ‘put-downs’ in a small box, hat, or bag.

Meeting Agenda:

Welcome and Opening Activity – 5 min.

- Begin by welcoming everyone and take attendance (can be taken during the game).
- Play a round of Close Your Eyes and Balance, see directions attached.

Activity and Ambassador Skill Development – 15 min.

- Discuss the Ambassador act of Balancing – saying something positive about a person or a group that was put down.
- Ambassadors each pick a slip of paper from the hat and within groups of 3, act out a short scene that shows a put-down and then the act of balancing.
- Follow-up with a discussion using the following for guidance:
 1. Balancing comments do not need to be related to the put-down. Students can bring up different areas for balance. For example, ‘Lou is a terrible ball player’ can be balanced with ‘Well, he helped me with my homework, and he is really smart!’
 2. Often balancing seems so obvious, but when we practice it makes balancing second nature to us.
 3. Do the students think this activity helped them be more comfortable with Balancing? Have they used Balancing before?

MIDDLE / HIGH

Closing – 7 min.

- Bring the meeting to a close by gathering in a circle and pass a talking piece around having everyone answer:
 1. When was a time you felt you really did not fit in?
 2. When was a time you felt you really belonged to a group?

Put Downs
To be used when practicing Balancing

MIDDLE / HIGH

He is wearing such an ugly shirt.

She acts like she is so popular, but nobody likes her.

Have you heard them talk in class? They sound so stupid.

Nobody wants him on their team in P.E. because he is so bad.

They think they are so cool, but everyone hates them.

She painted this portrait in art that was so ugly.

Have you seen him run in P.E.? He looks so stupid.

Why do you even hang out with them?

She acts like she is the teacher's personal assistant. It's so annoying.

Have you seen what he's wearing today? He looks like he's wearing his sister's pants.

Is she seriously talking to them? What does she think; that they might actually like her?

I heard she tried out for the play, and they didn't even give her a part as an extra.

I heard the band teacher told him to quit guitar because he is so bad.

He is in my math class, and he is so dumb.

Close Your Eyes and Balance

Materials: None

Timing: 5 minutes

Preparation: Large open safe area

Gather the Ambassadors together. They can be in a circle or just randomly standing together.

Ask them to do the following:

- Close your eyes.
- With your eyes closed:
 - Stand on one foot
 - Extend your arms
 - Touch your nose

Then,

- Open your eyes.
- With your eyes open:
 - Stand on one foot
 - Extend your arms
 - Touch your nose

Debrief: Discuss if it was more difficult to do this with eyes open or closed. Why is that? How can we relate it to Balancing?