

NEEDLE THROUGH BALLOON

Supplies needed: A large clear balloon

A 12" long needle (Large needles are available in magic shops or you can use a 6" doll needle used for look-alike Cabbage Patch dolls and a water balloon)

Lubricant (shortening, cooking oil, petroleum jelly)

Note: The needle should be covered with lubricant before the activity begins.

Discuss with the class the impact our interactions have on our self-esteem. Identify some positive interactions that might take place during a day. With each interaction add a little more air in the balloon.

Examples: Mother gives a compliment on how helpful they've been
Test returned with a good grade
A friendly greeting from a good friend
Homework is ready to turn in on time
Etc.

The balloon should be about half full (approximately 10" in diameter) when finished.

Identify some negative interactions that might take place and gradually begin pushing the needle through the balloon. (Insert the needle close to the top of the balloon where it is thicker and exit through the bottom near the opening of the balloon.)

Examples: Get mud on clothes on the way to school
Friend says your hair looks funny today
You lost a library book
You forgot your lunch money
Your boyfriend/girlfriend is making false statements about you
Etc.

Conclude by pushing the needle all the way through and out of the balloon (the balloon shouldn't burst). Note that when our self-concept is high enough like the inflated balloon, the negative things or everyday problems will not destroy us. When we are lacking the positive strength we need, we will be destroyed like this... (At this point, quickly stab the needle into the side of the balloon and pop it.)

