

Kids Need Connections Campaign Resources: Tear Down/Build Up Game for ADULTS

Tear Down and Build Up Jenga

As service providers, there are many things that happen to us in our jobs and personal lives that tear us down. Have you ever thought about what those things are or if they are the same things that affect our co-workers? It is important to acknowledge those things that tear us down as well as the things we can do to build ourselves back up again.

This Jenga game is a great exercise to begin a dialogue among your co-workers about the obstacles that you face as well as to begin supporting each other in order to create a stronger team and to address the issues of compassion fatigue, vicarious trauma, and burnout.

DIRECTIONS (Plan for a minimum of one hour to complete this activity.)

Tear Down:

Place the “tear downs” in a bowl. One person begins by choosing a tear down, reading it aloud, and then pulling out a Jenga piece out of the tower. If there is a question, answer the question out loud. Either way, let the group know whether that particular tear down affects you a lot or a little; if a lot, then take out a piece on the bottom half of the tower. If the tear down you read does not affect you as much, then take out a piece on the top half of the tower. If it doesn’t affect you at all, take a piece off the top of the tower. Be sure to pay attention to where each person is pulling a piece from and what contributes more to that person’s tendency toward burnout.

Keep the tear down that you read so that there are no duplicates.

Once the tower falls, then begin building it back up again.

Build Up:

Place the “build ups” in a bowl. Continue where you left off with the next person choosing a build up. Read it aloud and answer the question and then begin building the tower up again by placing one piece on the tower. Continue the game until all of the pieces are back in place and you have built yourself and your team up again.

Talking Points:

Things to address as you play the game:

- Did it take longer to tear the tower down or build it back up? Why do you think that is the case?
- Was everyone equally affected by the tear downs? What are some of the tear downs that stood out to you the most?
- Did this activity help you to understand your co-workers and team better? Why?
- What is your take away from this activity?

For additional campaign resources—including assessments for parents and professionals, as well as downloadable bookmarks and fact sheets—please visit:

www.scanva.org/kidsneedconnections



[Print the following “Tear Downs” on one color of paper and cut into strips.]

Listening to a child’s story of abuse

Frustrated by a client not doing what you think they should do

Having difficulty sleeping – What keeps you up at night?

Constantly feeling drained

Feeling overwhelmed and run down

Confusion of roles and responsibilities – Where does this most frequently happen in your work?

Feeling like you have to do everything yourself

Office politics

Not being able to focus on your work – What distracts you most?

Having competing home or family issues

Having trouble finishing a task – What often happens to keep you from completing tasks?

Feeling isolated

Not having time to care for my own needs

Feeling ill

Not getting along with co-workers

Being worried about a client

Worries about finances

Struggling with your own partner or children

Arguments at home

Feeling unsatisfied with your work – What makes you unsatisfied?

Feeling unsupported – What kind of support is most helpful?

Being worried about a friend or family member while at work

Feeling overwhelmed with responsibilities

Having troubles balancing work and family

Not having enough time to do something you enjoy – what would that something be?

Time management struggles

Not enough down-time

Having trouble saying no

Anxiety about the future

Worrying about problems that are out of my control

Feeling like I can't seem to prioritize

Feeling unsafe in my work environment – What helps (or could help) you feel safer?

Comments my co-workers make – any specifics you want to share?

Having clients blow you off

Not seeing a family make the progress I expected

Traffic and commuting challenges

Not feeling competent at my job

When a coworker or community partner doesn't follow through on something they promised to do

Feeling stuck in my career journey

Not feeling recognized for my hard work

Frustrated by a co-worker not doing what I think they should be doing

Knowing a co-worker is doing something they shouldn't be doing

My own health challenges

[Print the following “Build Ups” on a different color of paper and cut into strips.]

Agency’s values align with my own

Humor - Tell a joke to the group

Using my days off - How do you recharge after a long week?

Inspirations - Share your favorite quote

Having a set of personal values and beliefs – share one that you especially connect with

Hope - What makes you hopeful?

Name one thing you love about your job...

Talking to a friend

Taking the time to do something you love. What is it?

Getting support from co-workers – What has someone done that was supportive?

Spending time with loved ones

Helping a client successfully – Can you share a recent example?

Getting to sleep in over the weekend

What inspires you to continue doing your job?

Feeling appreciated by co-workers - What are ways your co-workers can help you when you’re feeling stressed?

Overcoming a professional challenge – Can you share a recent accomplishment?

Helping a friend

Having some alone time. Doing what?

Going outside. To do what?

Reading for pleasure. What is on your nightstand now?

Saying no to extra responsibilities

Receiving help when it is asked for

Meditating or going to a religious service

Healthy relationships outside work

Volunteering with a group you feel passionate about. What group?

Listening to music. What kind?

Getting some exercise. What is your favorite way to exercise?

Make lists of the good things that happened during the day

Write in a journal

Join a group that you're interested in. What are you involved in or want to be involved in?

Watching a favorite TV show/movie. What is it?

Contacting an old friend. Who would you contact?

Learning a new hobby. What would you like to do?

Learn something new to cook or bake. What would you like to try?

Passion - Name two things that you feel passionate about

Visit a new part of town and go exploring. Where would you want to go?

Eat healthy and regularly

Take a walk around your neighborhood

Make a list of things to do and start checking things off

Watch funny videos. Which ones would you watch?

Read an inspiring story. Who would you read about?

Write a bucket list

Learn something new about your co-workers. Who would you like to get to know better?

Say one positive thing about each co-worker

Take a break during lunch. What would you do?

Try something new with a client. What would you like to try?

Go for a walk during lunch break

Learning – what would you like to take a class on?

Spend a special weekend with family. What would you do?

Change of scenery. Where would you go?

Use a stress ball

Make your commute to work fun. What would you do?

Have weekly/monthly team building activities