

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

### Tear Down and Build Up Jenga

**“Resiliency”** is the ability to bounce back after something bad or sad happens to us. It’s when we keep on going even though something may be really hard to deal with. There are many things that happen in your life that “tear you down” or make you feel sad or mad. Have you ever thought about what those things are? Have you wondered if these same things also make your friends feel upset or hurt? It is important to know the 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 game to help you talk with your friends and family about the things that cause you to feel bad and the things that make you feel better.

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**DIRECTIONS** (Plan for a minimum of thirty minutes 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 it affects you a lot, take out a piece on the bottom half of the tower.
  - If the tear down you read does not affect you as much, 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. Point out what are the biggest challenges for other people. How may their challenges be similar or different from what tears you down?

Keep the tear down that you read so that it isn’t pulled again.  
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 (if there is one) 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, your friends and your family back up.

#### **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 so?
- Was everyone affected in the same way by the tear downs?
- What are some of the tear downs that affect you the most?
- Did this activity help you to understand your friends or family better? Did it help you feel more understood? Why?
- What is your favorite part of this activity?

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

[www.scanva.org/kidsneedconnections](http://www.scanva.org/kidsneedconnections)



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

When I feel like things are not fair

When I argue with my parents, brothers or sisters

When I fight with my friends

When I don't get enough sleep

When I can't focus in class

When someone makes fun of me

I don't have a lot of friends

When I feel sick

When I feel embarrassed

When I am hungry

When I don't understand my homework

When I am being bullied

When my friend is upset or sick

When I have too many activities to do in one day

When I look silly or weird

When my parents are arguing with each other

When I feel scared

When I don't get to play outside as much as I want to

When my parents are too busy to talk with me

When my friend tells me a secret that makes me nervous or worried

When I am worried about what other people are saying about me

When I don't get to do my favorite activity- What is that activity?

When I am tired

When I am not allowed to play with my friends

When I am worried about a family member

When I have to do something I don't want to do

When I am in trouble with my parents

When I didn't get my way and I am angry

When I have no one to talk to

When I am nervous about going to school

When I am worried about a performance in school or at a different activity

When nothing is going right for me that day

When things are not happening the way that I thought they would

When the other kids in my class seem to know more than I do

I am not one of the cool kids in my class

When I have a nightmare

When I don't feel good enough

I tried a new activity but I wasn't good at it

Someone told me I'm not good enough

When I miss my friend or family member

When I am in trouble with my teacher

Someone told me my friend was better than me

My friends left me out of a game they were playing

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

My teacher told me I did a good job

When I am spending time with my friends and family. What do I like to do with them?

When I have time to be by myself: what do I like to do when I get to be by myself?

When I get all my homework done on time

When I watch my favorite TV show/ movie. Which TV show/ movie do I like to watch?

When I get to play outside. What do I like to do outside?

When I am playing a sport. What is my favorite sport to play?

When I get to pick an activity to do with family or friends. What would I choose?

When I do well on a really challenging homework assignment. Which subject is most difficult for me?

Humor - Tell a joke or funny story right now

Say one positive thing about myself

When I get to play a videogame. What is my favorite game to play?

When I talk to a friend about a problem. What friend would I call?

What do I do when I'm feeling upset?

Who's my favorite cartoon character?

When I am having a problem, who do I like to talk to?

When I am included in a game with my friends.

I learned something new. What things interest me?

When I am the first person in class to understand something new

When I listen to music. What is my favorite music?

Someone compliments me

When I get to spend time with my family without computers, phones, video games, iPods, TV, tablets and other things. What would I do with my family?

When I draw in a notebook

When I read a book that isn't for school. What am I reading now or what do I want to read?

When I talk to someone about my feelings. Who would I talk to?

I look up to someone- Who's my role model and why?

I have goals for the future - What do I want to be when I grow up?

I feel loved

When I do arts and crafts. What kinds of arts and crafts do I like to do?

I am in a club or on a team in school. What am I a part of? What would I like to join?

I made a new friend

When I take a nap

When I try a new activity. What would I like to try?

When I go to the library and learn something new. What would I look up?

When I garden

When I help other people. How do I like to help other people?

When I play a game. What would I like to play?

When I watch funny videos on YouTube. What do I like to watch?

When I take deep breaths to calm down or de-stress

When I make a list of things I want to do in my life and start to check them off

When I learn how to cook or bake something. What would I like to make?

When I talk to my teacher and learn how to do something correctly. What subject is most challenging for me?

When I sleep late on the weekend

When I sing my favorite song. What is my favorite song?

What's my best subject at school?

One thing that I am good at is...

When I paint a picture. What would I paint?

When I take a break. What would I do?

I write a book. My book would be about...

When I play with a ball

When my family member tells me I've done a good job

When I play outside with my friends

When I go for a walk