

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

### Tear Down and Build Up Jenga

**T**here are many things that happen in your life that tear you down. Have you ever thought about what those things are or if they are the same things that affect your friends? 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 with your friends and family about the obstacles you face as well as talking about ways that we can begin supporting each other in order to make ourselves more resilient.

---

**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 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 constitutes a bigger obstacle in their life – how that may be similar or different from your perspective.

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 (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 that is the case?
- Was everyone equally affected 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 yourself? Why?
- What is your favorite part of 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](http://www.scanva.org/kidsneedconnections)



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

Not getting a good grade

Arguing with parents or siblings

Fighting with friends

Not getting enough sleep

Not being able to focus in class

When someone makes fun of me

Feeling alone

Feeling sick

Feeling embarrassed

Feeling hungry

Not understanding my homework

Being bullied

Being worried about a friend

Having too many activities in one day

Being uncomfortable with how I look

Parents arguing with each other

Feeling scared

Not going outside as much as I would like

Parents are too busy to talk with me

Friend tells me a secret that makes me nervous or worried

Worrying about what other people are saying about me

Being too busy to enjoy my favorite activity – What is that favorite activity?

Being late to an activity

Not having enough money to do something with friends

Being worried about a family member

Feeling pressured into doing something

Getting in trouble with my parents

Feeling angry when I didn't get my way

Feeling that I have no one to talk to

Being nervous about going to school

Being anxious about a test or a project

Having a day where nothing seems to be going right

When a day doesn't go as planned

Falling behind in a class

Feeling jealous of another kid

Having nightmares

Feeling that I'm not good enough

Trying something new and not succeeding at it

Being told I'm not good enough

Missing a friend or loved one

Getting in trouble with a teacher

Being compared to others

Feeling left out from a group of friends

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

Having a teacher tell you that you did a good job

Spending time with friends. What would you do?

Having some alone time. What would you do?

Getting all your homework done on time

Watching a favorite TV show/ movie. Which one would you watch?

Playing outside. What do you like to do outside?

Spending time with family members . What would you do?

Playing a sport. What is your favorite sport to play?

Picking an activity to do with family or friends. What would you choose?

Getting a good grade on a hard test. What subject is the most challenging for you?

Humor - Tell a joke or funny story right now

Say one positive thing about yourself

Playing a videogame. What is your favorite game to play?

Talking with a friend about a problem. What friend would you call?

What do you do when you're stressed?

What's your favorite quote?

Who is a good person to talk to when you're having a problem?

Being included in plans with friends. What would you like to do?

Learning something interesting. What things interest you?

Being the first person in class to understand something new

Listening to music. What is your favorite music?

Getting a compliment

Spending time with family without technology. What would you do?

Writing in a journal

Reading a book that isn't for school. What are you reading now or what do you want to read?

Talking about your feelings with someone. Who would you talk to?

Being inspired by others - Who's your role model and why?

Having goals for the future - What do you want to be when you grow up?

Feeling loved

Doing art or crafts. What kinds do you like to do?

Joining a club or a team at school. What are you a part of or what would you like to join?

Making a new friend

Taking a nap

Trying a new activity. What would you like to try?

Go to the library and learn something new. What would you look up?

Gardening

Volunteer with family or friends. Where do you/would you like to volunteer or do?

Play a game. What would you like to play?

Watch funny videos on YouTube. What do you like to watch?

Taking deep breaths to calm down or de-stress

Make a bucket list and start checking things off

Learn how to cook or bake. What would you like to make?

Talking to a teacher and finding a way to change a bad grade. What subject is most challenging to you?

Sleeping in on the weekend

Singing your favorite song. What is your favorite song?

What's your best subject at school?

Name one thing that you're good at

Paint a picture. What would you paint?

Take a break. What would you do?

Write a book. What would it be about?

Use a stress ball

Having a family member say you've done a good job

Go for a run

Go for a walk