



## **#GreatRSE : Feel Good Jenga**

This activity is taken from **Great Relationships and Sex Education: 200+ activities for educators working with young people** by Alice Hoyle & Ester McGeeney. RRP £34.99.

The activity below is taken from the chapter on Creating Safer Spaces.

### **Feel Good Jenga**

**Summary:** A fun activity that encourages participants to think about what they do and do not feel safe sharing about themselves within a group.

**Age:** 11+

**Time:** 10–15 minutes

**Resources:** Jenga sets prepared with sentence starters (you will need one set per four–eight participants).

Before the session get hold of a standard Jenga set (you can buy versions online for about £4) and write a sentence starter on each block (see following list). If you want to do this with a large group (8+) you will need more than one set.

To play the game, set up a tower of Jenga blocks per group of four–eight participants. Each participant then takes it in turn to draw out a block from the tower trying not to knock down the tower in the process. Once a block has been withdrawn the participant should read the sentence starter to themselves and check that they are comfortable sharing something with the group. If yes, the participant should read the sentence out loud and finish it by saying something about themselves. A guiding principle should be 'no self put downs' so the young person should aim to keep their responses positive. The block should then be placed on the top of the tower and it is the next person's turn. If a participant does not want to complete the starter they should place the block in a bag and it is the next person's turn.

The game continues with the tower growing (or blocks being placed into a bag) until the tower is so unstable it collapses.

**Example sentence starters:**

1. I am awesome because...
2. My favourite thing is...
3. One thing that makes me smile is...
4. My favourite person is...
5. The favourite part of my body is...

6. **My hobbies are...**
7. **Something not many people know about me is...**
8. **When I was little I wanted to be...**
9. **My proudest achievement is...**
10. **When I grow up I want...**
11. **My best feature is...**
12. **Something I want to change is...**
13. **People would say that I am...**
14. **I would say that I am...**
15. **The thing I am most proud of is...**
16. **I like that I can...**
17. **I wish I could...**
18. **I want to...**
19. **If wishes could come true I would wish...**
20. **I am amazing because...**
21. **I am brilliant because...**
22. **I am beautiful because...**
23. **I am kind because...**
24. **My party trick is...**
25. **My earliest memory is...**
26. **My happiest moment was...**
27. **My favourite food is...**
28. **If I was in charge of the world I would...**
29. **Sometimes I think...**
30. **I am optimistic about...**
31. **Something that makes me smile is...**
32. **Something that makes me laugh is...**
33. **Something that makes me happy is...**

34. **The best thing about me is...**
35. **I feel safe when...**
36. **My trusted people are...**
37. **I'm a good friend because...**
38. **I'm a good human because...**
39. **Something that sparks joy in me is...**
40. **I get butterflies when...**
41. **My best feature is...**
42. **My last good deed was...**
43. **I hope...**
44. **I dream...**
45. **I want ...**
46. **I can...**
47. **I will...**
48. **I am...**
49. **I love...**
50. **I love it when...**
51. **I like it when...**
52. **I enjoy it when...**
53. **I feel safe when...**
54. **I feel loved when...**

There is value in revisiting this activity when working with a group over a period of time. In our experience young people value the opportunity to practice being positive about themselves and hearing positive things about each other whilst playing a game. If one member of the group is struggling they will often help each other think of positive statements and become more skilled at this with practice.