

ICEBREAKER: THE BALLOON EXERCISE

PURPOSE OF THE EXERCISE

Students experience themselves incessantly fear like traumatized children could do.

TIMING

5 minutes

NEEDED MATERIAL

A balloon and a needle

HOW TO CONDUCT THE EXERCISE

Students stand in a circle. The teacher blows up a balloon and holds the balloon in one hand. In the other hand the teacher holds a needle. Students have to close their eyes. Students don't know when the teacher peaks the balloon. The teacher stands still behind every student. You could decide if you want to peak the balloon or not.

Reflect afterwards with the students how they were feeling. The teacher tells the students that one of the effects of trauma is that children feel fear incessantly.

