

# Khululeka

## *grief support for children and youth*

### Games and Activities

There are many games taken from around the world that can be used to create a sense of belonging, build self esteem, encourage trust, teach social skills, build confidence and help in the understanding and expression of feelings.

It is important to give clear instructions on:

- ❖ the goal of the game,
- ❖ how to play
- ❖ the safety rules

It is also important to remind children, of the above, as we are playing and to ask them for feedback afterwards regarding their roles and feelings.

All games are appropriate for children over 6 years of age and adults. Adapt them according to the size and abilities of the group.

In trust games it is better to have no-one talking.

#### **Trust Games**

##### ***Blind walks***

Have the children partner with one person. One is blind-folded, the other is the leader who takes him for a walk around the room passed obstacles including other people without causing an accident. They then change roles. Encourage them to use their other senses and to be very quiet feeling the feelings of trust, or lack of trust, and knowing the facilitator is there to keep an eye on them.

Everyone shares after the walk what it was like to lead and to follow blindly.

##### ***Blind dragon***

The children go in one team. All are blind-folded or keep their eyes closed and hold onto the shoulders of the person ahead of them. Only the head of the dragon can have her eyes open. She decides where to go, when to stop, keeping a pace that is considerate of the whole dragon (all the children). They can have turns leading if time permits. This game is about trust as well as responsibility for others.

##### ***Dragon teams***

Children get into teams of four or five holding the shoulders of person ahead of you. It works best if there are three teams. All have their eyes open. The head of the dragon tries to catch the tail of another dragon while protecting his own tail. If he catches a tail that team is out.

More information on [www.Khululeka.org](http://www.Khululeka.org)



### **Car and driver**

In partners, one person is the car, the other the driver. The car has her eyes shut. The driver has her eyes open and has her flat hand on the back of the car. To go forward she gently pats on the car's back continuously. To turn left she pats on the left shoulder and to go right she pats on the right shoulder. To stop she holds her hand still (no patting). To reverse she gently pats on the back of the car's head. She must drive safely without crashing in to another car or driver.

### **The ambulance game**

One child pretends to be a sick person who must get to the hospital urgently. Three or four children play the ambulance by kneeling on hands and knees as close together as possible, all going in the same direction. They move together and go and pick up the sick person who lies across their backs. They head to the hospital carefully ensuring that the patient does not fall off the ambulance. They take turns to be the patient.

### **Trust Falling**

In groups of 7 or 8 have one person stand straight and stiff in the center while the others form a close circle around him. They place their feet one forward the other back, loosen their knees, keep their hands flat and outstretched ready to catch the middle person. The middle person has eyes closed and falls in any direction and is caught by people in the circle and gently pushed back to the middle. Encourage people to help one another to catch. The centre person decides when and where to fall; absolutely no pushing by the people in the circle.

People have turns doing the trust fall.

## Team work - Overcoming obstacles

### **Hula hoops**

All the children stand in a circle holding hands. Just before the last two people join hands slip a hula-hoop or length of rope (same size as a hula hoop) tied in a circle over their hands. It will be hanging over their clasped hands. The children must make the hula-hoop move around the circle without anyone breaking hands. The trick is for the first child to step into the hula-hoop feet first then bring it over his head and to the next pair of hands. The next child repeated this until it has moved all around the circle.

It can be fun to have more than one hula-hoop going round the circle trying to catch up with the other one.

Divide the group into 2 or 3 teams with four people in a team. Give each team two pieces of newspaper. Agree on a distance the teams must travel. Tell them the newspaper is their craft and the floor is deep, cold water. They must all get on one piece of newspaper and place the other piece in front of them. They then step on to that piece and place the other piece in front so that they never touch the floor. If any part of a team member touches the floor, the whole team starts again at the beginning.

### **The electric fence**

Again have young people in teams. Two people hold the rope and the rest of the team must help one another to climb over without touching the rope (remember it is electric!) Each time the team members have climbed over successfully raise the rope and see which team manages to work together to climb the highest. They only win if all the people in their team get over the rope

### **Debriefing team games:**

Ask the young people how they worked as a team. What helped? What made it more difficult? Did all team members feel cared for? Did you ask for what you needed?

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