



Creating spaces to have conversations about sensitive topics can be difficult and useful learning can be elusive without bonds of trust and mutual respect.



XXXXXXXXXX **DIY** XXXXXXXXXX

Off Balance

Using the body's capacities to feel, find and create balance

- Read the **Finding Balance** case study.
- Consider abandoning the tables and chairs and setting up a situation that involves physical movement and balance.
- To imitate the milieu described in the Finding Balance case study, the situation should include a connection between bodies that does not involve direct physical touch.
- The floating Stand Up Paddle board was the mediating resource in this activity. A mattress, trampoline or crash mat could work.
- The motivation to bond in the Water Park example was the fear that they would fall over board and there was a real danger of that happening.
- To mimic real physical danger is difficult, it is more effective if the situation actually involves an element of reasonable risk that is nonetheless not dangerous or endangering. You could enlist the support of colleagues in the PE department to design this into the activity.
- Asking a group to carry something small and fragile (see **Felting our Feelings** for ideas) or a heavy object across a terrain could be one way to simulate the waterpark experience. Alternatively, asking the group to forgo talk as the primary medium of communication might also work.
- Ideally, though, resource permitting getting young people out into the environment, promoting movement, activity and collaboration is a great way to plan a session on bodies, relationships or a particular area of Relationships and Sexuality Education (RSE).

Before you begin adapting this activity for the children and young people in your setting, read the section on **Safety and Support**.