

Jestel Joust

Items Required: Permanent marker/pen/balloon and ten small slips of paper (one of all of these for each person), a roll of tape, pool noodle, and a tack

Directions: The facilitator begins the activity by welcoming them to the jousting area. In order to joust however, each member must meet their opponent. Have each participant start by writing on the ten small slips of paper. They will write positive aspects about themselves. This can be their dreams, motivators, things they like about themselves, goals, inspirations, or things that others like about them.

It doesn't matter what they write on each sheet of paper as long as it is something positive about themselves. Challenge them to write something that is unique for them and holds some kind of importance instead of phrases like "I'm nice or I'm tall." Invite the participants to share with the group as many of these positive facts as they would like to share (or limit them to a certain number if pressed for time). Then have them individually fold each paper into a shape small enough to fit into the opening of the balloon. Have the students blow up the balloon and tie it shut with the papers rattling inside the balloon. (Make sure they blow the balloon up enough that it can pop easily) Then have them write five negative things about themselves on the outside of the balloon with the permanent marker. These can be fears, hindrances, what they dislike about themselves, what others dislike about them, etc. Invite them to share these items with the group if they wish. Explain to them that we are very similar to these balloons; we have so many unique and positive things about ourselves on the inside, but hold ourselves back from letting them show by the negative ideas and misrepresentations of ourselves that we have come to believe. We have believed them so much that it creates a barrier for us and we are not able to see the good within. It is our job to burst through this negative layer and get to the good, but this can only be done through the support of our family and friends. Invite the participants to form two lines, facing each other so that a lane is created between the two groups. Have the end of the line be at a wall and have a participant tape their balloon to the wall. Then have the group cheer the student on as they run at the balloon with a tack in the end of the pool noodle and have them pop it as everyone cheers. (It is more effective if the student holds the end of the noodle with the pin so the noodle is more stable and easier to pop). Follow up with a set of debriefing questions.

Questions:

1. Was it easier to write the positive facts or the negative? Why do you think that is?
2. Were there any facts shared that you have in common with others in the group?
3. How did it feel writing these facts, popping the balloon, or being cheered on?
4. How can we relate this activity to your role on campus?

