

# THE ROUGH AND RUGGED RIVER

For this activity you need to find some space as you're going to be moving around. Crossing the river was really tricky for Quinn, she had to think about leaving BEAR behind and how to get across. We all face struggles and we have to believe in our own ability to face them,

- If there is more than one person, ask them to stand in a line facing forward, shoulder to shoulder.
- Ask everyone to think about something they find difficult or struggle with. Give each of them a piece of paper.
- Ask them to write what their difficulty is on the bit of paper. They can keep it secret if they want to.
- Now everyone has to use their imagination. Imagine the river is in front of you all. It's very choppy and rough. There's whirlpools and waves, it's going to take a big jump or stretch to get over. (You can mark the width of the river if you like)
- One by one, everyone is to take their bit of paper and get it across the river. This can be by scrunching it into a ball and throwing, or making a paper aeroplane, but it has to get across first before they do.
- Now everyone has to cross the river themselves. Encourage them one by one to do big jumps or stretch as far as they can. Or how about taking a bit run and then jumping!
- Get everyone to cheer as each one crosses and for getting their difficulty over too. Remind them how we all face struggles and we have to believe in our ability to face them!

BEAR