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| PEER LEADER GUIDE | Page 1 of 2  Social Support  Tower Game |
| Purpose:  The purpose of this exercise it to highlight the various types of social support and to help participants practice identifying their needs and asking for them. Participants will also learn how to manage their actions when dealing with both negative and positive support.  Materials:  1 Jenga game box  Approx. 15 Positive Emotional/appraisal cards  Approx. 15 Positive Informational cards  Approx. 15 positive Instrumental cards  2 Negative emotional/appraisal cards  2 Negative Informational cards  2 Negative Instrumental cards  Types of support:   * Emotional/appraisal - verbal expressions of empathy, understanding, trust, or listening * Informational - advice, suggestions, information * Instrumental - tangible aid and service   Instructions:   1. Before the game begins, decks of 3 social support cards will be distributed to each participant. Each deck will contain:    1. 1 Instrumental assistance card    2. 1 Emotional support card    3. 1 Informational support card 2. 1-2 participants will be secretly given a “negative supporter” deck. When asked for support, they will provide unhelpful support to their partner. Examples of negative support:    1. Instrumental support - ex. knock the tower over    2. Emotional support- ex. start complaining    3. Informational support – ex. criticizes the player 3. Determine the two participants who will act as the player and supporter and have them come to the game area    1. Participant 1 will act as the player and - s/he will pull a Jenga piece out during his/her turn    2. Participant 2 is the supporter - s/he will provide the type of social support asked for during the players turn 4. Before player 1 pulls a Jenga piece, s/he has to ask for support  from the supporter—they have to ask the supporter both for support and for the type of support they need [PowerPoint will project the 3 types of support as reminders] 5. Player 2 will then come up with a way to provide the requested support to the player (either positively or negatively depending upon the deck they received) 6. The game will continue until each participant has had a chance at being either the player or supporter (or until each participant has had a chance to play both roles) 7. Participants will be able to take home a deck of positive social support cards at the end of the session 8. Group reflection at the end:    1. What did you think about the game?    2. How did it make you feel to receive the support you ask for?    3. What did it feel like to give/request both types of support (positive/negative)?   \*Announce to participants that if the tower falls down it is an accident and it does not represent anything metaphorically negative |