

Pass the Parcel (with a twist)

Type of exercise:	<u>Introduction</u> Related Information Skill Development	Drug Information Attitudes	
Suitable for:	Christian	Secular	<u>Both</u>
Approximated time:	10 minutes		
Age range:	12+		
Equipment:	Parcel, prepared, plus anything you need for the challenges		
Learning outcomes:	To give the group a chance to laugh and relax together		
Tips/information:			

Description of exercise:

Prepare a parcel with a challenge in each layer (written on a piece of card so it stands out from the paper layers).

Depending on the group, challenges could include:

- Sing a song to the group
- Tell the group an embarrassing moment (about you!)
- Give the person opposite you a hug
- Pretend you are a ballet dancer and dance around the room
- Persuade the person sitting next to you to swap an item of clothing
- Stand on one leg for 20 seconds
- Stand up and applaud the other guests, shouting 'bravo'!
- Sing a nursery rhyme

If a person wants to avoid their challenge, they can make a donation to Hope UK instead. The parcel is then passed to the next person without opening the next layer until the challenge has been completed, or everyone has made a donation!

Hope UK helps young people to think ahead and practice skills to say 'no' and make drug-free choices.

Pictionary

Type of exercise:	<u>Introduction</u>	<u>Drug Information</u>	Related Information
	Attitudes	Skill Development	
Suitable for:	Christian	Secular	<u>Both</u>
Approximated time:	10 minutes		
Age range:	10+		
Equipment:	Flipchart, paper, marker pens, list of things to draw		
Learning outcome:	Get the group to relax and have fun as well as learn something about drugs		
Tips/information:			

Description of exercise:

Using flipchart paper, get the young people to draw a drug or drug-related item on the board. The others need to work out what is being drawn. The level of difficulty can be varied depending on the age/ability of the group.

List of ideas for what to draw (feel free to come up with your own ideas!):

Alcohol	Spliff
Cigarette	Magic Mushrooms
Medicine	Ecstasy
Peer pressure	Heroin
Cup of coffee	Bong
Can of Solvents	White powder
Box of matches	Breathalyser
Glass of wine	Painkiller
Can of Beer	Liver
Caffeine shot	Drunk

String game

Type of exercise:	<u>Introduction</u>	Drug Information	Related Information
	Attitudes	Skill Development	
Suitable for:	Christian	Secular	<u>Both</u>
Approximated time:	Approx. 1 minute per person		
Age range:	10+		
Equipment:	Pieces of string cut in different lengths		
Learning outcomes:	To find out things about each other		
Tips/information:			

Description of exercise:

Give each person a piece of string. Ask everyone to tell the group about themselves whilst slowly winding the piece of string around their finger. Some will have more time than others!