

Title: Eggs-hibit resilience

Aim: To explore the supports needed to maximise resilience in people and community

Age: 8+

Time: 40 minutes

Materials: Eggs, straws, tape, scissors, old newspaper, cardboard such as empty toilet roll/cereal box, bin liners



WHAT TO DO

Split into teams of up to four people. Give each team a set of materials from the list. Give 20 minutes to create a structure that will protect the egg from cracking when dropped from a height of six feet. Participants can only use the materials provided. The winning team is the one whose egg can be dropped from the greatest height without breaking.

DEBRIEF: Did the eggs survive or not? If so, what was your secret? If they didn't, what would you do differently? What made the eggs 'resilient'? Think of the egg as a person - do you think people and communities need support? What would the materials represent if the egg was a person or community? What might happen if these supports are never given or taken away? Can they think of any examples?

Alternative Idea: You can give teams different amounts of material but don't let them know they are getting different amounts. See if it makes a difference to their egg and include this information in the debrief. To find out more about this activity visit www.youthworkin.it Or to avoid creating a mess of broken eggs, try the 'Marshmallow Challenge' using marshmallow, raw spaghetti and masking tape on: www.marshmallowchallenge.com

DID YOU KNOW? Why are eggs often sold by the dozen? The Romans started it because 12 are easy to split in half, quarters, thirds and even sixths. The word 'dozen' comes from the French word 'douzieme' which means twelfth.

Ten Tips to Build Your Resilience

- Have the courage to be imperfect
- Take time for yourself
- Sign up for that course, join that club
- Be active every day in as many ways as you can
- Spend time with people who make you feel good
- Laugh out loud each day
- Take time for yourself
- It's all about team work!
- Remember, difficult times shall pass
- Talk out your troubles

(Source: Colour poster available from www.mentalhealthireland.ie)



WARM UP: Each person outstretches their arms with index fingers pointing in front of them. Ask them to move their arms and upper body as far as they can to the right. Remember the point that you reached. Relax, take a deep breath and try again. See how many people were able to move further the second time around? Ask them why they think that might be? What does it say about the value of trying again?



"If I had 60 minutes to solve a problem and my life depended on it, I'd spend the first 55 minutes thinking about how to solve it because then I'm certain I could in 5 minutes"

Albert Einstein