

# Motivation Formula

## 4. Fire in the Hole

**Spatial Requirements:** Classroom with moderate space required

**Activity Type:** Movement/group

**Grades:** K-12

**Group Size:** 4 or more

**Time:** 5-10 minutes

**Introduction:** When faced with challenges in life, we can utilize support systems, character-heart, positive self-talk, and other resources to get us through. This simple challenge will help students recognize the importance of tapping into these tools when confronted with problems.

**Materials:**

- 1 large balloon for each pair of students

**Activity:**

Divide the group into two even-numbered teams. (If you have odd numbers, someone may need to go twice.) Blow up all of the balloons. Have the players stand back to back with a teammate and link both arms. Place a balloon between the backs of each partnership. Start the game by saying, "Fire in the Hole!" Participants must then pop their balloon by squeezing it between their backs. The first team to have all of its team members pop their balloons is the winner.

**Processing the Experience:**

- What was challenging about this activity?
- What motivated you to pop all of the balloons?
- Why didn't you give up or quit?
- In what ways can the balloon be like challenges in life?
- Did you have to use positive self-talk when you got to the balloon-popping part? Why or why not?
- Did character and heart play a part in the process? How?
- How important was it to work together to pop the balloon?
- Why are support systems important in life?