

### Stress Introductory Game Instructions:

This activity is meant to introduce the concept of stress to your audience. Make sure to warn participants not to physically harm any victims, just startle them. This activity can be played with a group of people, or in a classroom. Some teachers may want to adjust it to fit each classroom.

1. Say that when participants are not the attack or the victim, they are silent. Tell the attackers not to physically harm the victims, just startle them.
2. Pick a “stressor,” represented by a person who is the attacker.
3. Have students scattered around, sitting or standing next to their desks. Have the attacker walk around, choosing a random victim and startling them by slapping their desks or shouting something. They could do anything, as long as they don’t hurt the victim. The victim is now the attacker, and proceeds to do the same thing.
4. Have participants observe what happens to the victim or themselves. Afterwards, let them share out what they saw.
5. Introduce stress to them. Tell them that it is the body’s way of responding to any outside situation - it can be positive or negative. Positive stress can motivate you to finish things, while negative stress can induce mental health issues such as depression.

### Variations:

You can alter this game in many ways. You can have a set way of startling participants if you think that they may be too rowdy or violent, or you may adapt this game to the participants.

#### Possible Variations:

1. Have attacker startle the victim just by slapping their desk or by other means.
2. Have participants stand up in a line in the front of the room with their backs facing the attacker
3. Have a set number of turns (where an attacker “attacks” a victim = one turn)
4. Increase the number of attackers

Source: <http://www.learnnc.org/lp/pages/3722>