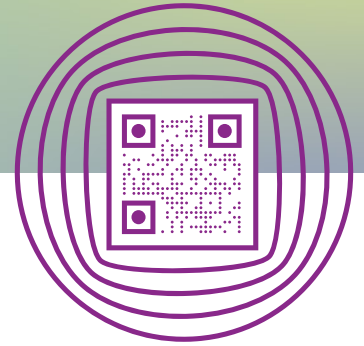


CopeCode Club



Bubble Pairing

Purpose of the activity:

Provide youth with simple stress relieving techniques that can help them lead healthier and more productive lives, and avoid unhealthy escapes such as substance use.

The **CopeCode Club** reminds youth that they are not alone in their feelings. As youth connect with each other, sharing what stresses them out and how they manage, they will feel supported by their peers.

This activity is a pairing exercise intended to start conversations amongst youth and works best when guided by a trusted adult.

Number of participants: 4–16

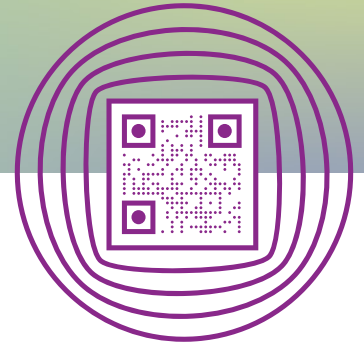
How much time will this take? 30 min

- 5 minutes: Introduction on why we're here and instructions
- 20 minutes: Go through activity!
- 5 minutes: Recap to review what youth learned and answer any questions

What do we need to play?

- Bubbles: 1 set of 4
- Stress Science tips sheet for the facilitator
- Activity card (one per player)
- Cell phone and/or tablet: At least one mobile device per group
- Access to WIFI

CopeCode Club



How do we play?

The facilitator can decide whether this is a team activity (one cell phone or tablet per team) or an individual activity (every player has their cell phone or tablet).

It's important for the facilitator and players to know that each time the QR code is scanned on the bubble, it will take youth to a story and that each bubble contains three stories. Youth must scan each bubble until they are able to pair four of the stories they read to a stress relieving activity on their activity sheet.

1. Each team or player should be given their own activity sheet.
2. The facilitator should scatter the bubbles throughout the room.
3. The player scans the QR code on the bubble which will take them to a story that describes a stressor and stress reliever.
4. As a team (or as individuals) the players will determine what kind of stress reliever that story shows (is it exercising, painting, breathing, etc.).
5. Once the player decides what kind of stress reliever that story shows, the player will write down the name of the youth associated with the story on the blank line below the Stress Science tip on their activity sheet.

This activity encourages youth interaction, conversation, and building team consensus.

NOTE:

- There can be more than one youth story that matches with a Stress Science tip.
- Once a player or team has read the three stories connected to their bubble, they will need to find another bubble.
- When each player or team has finished matching, each participant should come up with a few of their own coping mechanisms to share with their peers.

Once a player or group thinks they've accurately matched four stories with their Stress Science tips, they should hand their activity sheet to the facilitator. The facilitator will check the pairs against the Stress Science tips sheet. If there are one or more wrong pairings, the group or player will need to try again. Once all groups have finished, the facilitator should take 5 minutes to go over what was learned during the activity.

The key takeaway: There are many ways to handle stressful situations, and no matter what you're facing and/or how you cope – you're not alone.