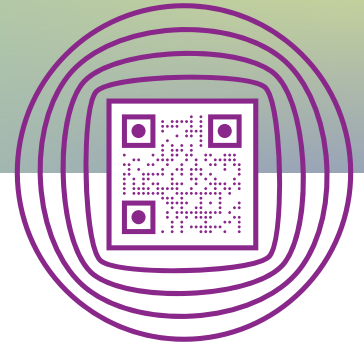


# CopeCode Club



## Tell Your Story

### **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 requires some creativity and willingness to play along. The exercise is intended to encourage the players to use their own personal experiences to help develop a story together – finding new and even fun ways to manage their stress.

**Number of participants:** 4–12

**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 the game?**

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

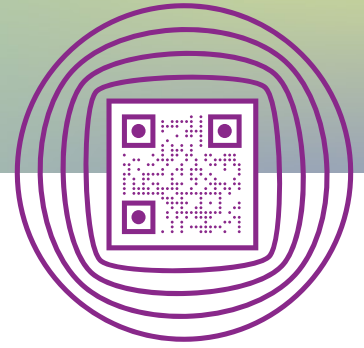
### **How do we play?**

This is an individual activity, so every player should have their own cell phone or tablet. Each player will be assigned one of the twelve youth names represented on the website (below).

It's important for the facilitator to know that each time the QR code is scanned on the bubble, it will take the player to a story and each bubble contains three stories. The player must scan each bubble until they are able to find the story they have been assigned. This makes the game a bit of a scavenger hunt race.

1. The facilitator should scatter the activity bubbles across the room and assign each player the name of a youth story (below).

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2. The player scans the QR code on the bubble, which will take them to a story that describes a stressor and stress reliever.
3. The player reads their assigned story and comes back to the group to discuss. If players finish before everyone else, ask them to talk to friends and see if they can guess who they got based off their story!
4. Once all players make it back to the group, each participant will read aloud the story they were given.
5. After each player shares their story, the facilitator shares the Stress Science tip that corresponds to each character – making it clear why these stories are helpful.
6. Once the facilitator shares the Stress Science tip, they will ask the youth who just read their story to share a time in their life where this new Stress Science tip could have helped them.

## Youth Story Names:

- Brianna
- Calvin
- Jamie
- Farrah
- Maya
- Gabrielle
- Carlos
- Mariah
- Alisha
- Hannah
- Nadia
- Jeremiah

**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.**

## Conversation Guide (steps):

Facilitator: "What story did you get?"

Youth: Reads story aloud

Facilitator: Reads Stress Science tip associated with story

Facilitator: Ask youth to share a moment in their life where this new Stress Science tip could have been helpful

Youth: Shares their story