

“The Robot – Rag doll” Activity

Goal:

- **To teach youth a practical de-stressing activity.**

Instructions:

- Have the group start from sitting, ask them to tighten up their muscles as much as they can. Next ask them to totally relax their body and be like a rag doll. (Facilitator can demonstrate their best ragdoll impression.)
- Robot – Ragdoll – Robot – Ragdoll. Great job!

Debrief:

- Ask youth, **“Why do you think that this activity could lower stress? Does anyone feel like they have let some tension go?”** This activity can release tension in your body (and it can be pretty fun to do as well!). You can even do this activity without anyone else really noticing.