

Kooth Activity Sheet



ENERGY LEVEL:
Energetic



NO. OF PEOPLE:
10+



ESTIMATED TIME:
30mins

Convince me

ACTIVITY OBJECTIVE:

To help young people express their opinions while also encouraging them to listen to people with different points of view.

MATERIALS REQUIRED:

1. Timer

INSTRUCTIONS:

1. Choose a topic with two sides. It can be anything - Xbox or PlayStation, tracksuit or shorts, apple or pomegranate juice, pizza or burger, science or history, etc.
2. Split young people into two equal groups and give each group a side to represent.
3. Give groups a certain amount of time to prepare 5 - 10 minute speeches defending their side.
4. Choose one group to stand up and talk, and then let the second group present.
5. Ask everyone to vote on which side they found most convincing.
6. Conclude with discussion questions: What arguments were most persuasive? How easy was it to express your points? Did you change your opinion?



Get free, confidential mental health support at go.kooth.com/6w7x

At Kooth, you can chat anonymously with a mental health practitioner, access a self-help library of articles, and connect with a community of young people easily from your phone or tablet.