

The idea is to make 4-5 sessions of 2,5-3 hours and go through a journey together from falling in love with someone, till becoming a mother or to responsibly avoiding becoming a mother too early . To play games for each step of this journey. And to discuss all of its elements. The point is for them to understand that each of their decisions matters along the way, even if at the beginning it might just feel like a game, but later it will have a huge impact on their whole life. By playing games we make it more memorable, relatable and more fun. And also by playing it we highlight that none of these things are taboos or at least they shouldn't be, they can discuss it with whomever they want, and they can ask for help.

After each game we discuss the game specifically, how it was, what emotions did you feel during the game, how it was when we changed the rules, how it was in different roles, would you play it differently if we would play it again, or if you would play it with your friends etc.

What did you learn from it? What element do you think is relevant for real life? Etc. And then we shift the conversation to topics concerning relationships, and later the pregnancy itself.

1. Secret Lovers.: Everybody closes their eyes. The gamemaker touches the head of two people, they will be lovers. Everybody can open their eyes, and they have to walk around in the space in total silence, looking at each other's eyes. The lovers have to find each other with non verbal communication, if they do they have to hug each other and they win the game. If you hug the wrong person you loose. Everybody else has to find out who are the lovers, by only walking around and looking each others eyes. (You can also be tricky by smiling at people behaving to be one of the lovers, so if someone reacts back positively she might be one of them, or she is also pretending 😊) If someone finds out the two lovers before they found each other and hugged she/he wins the game (they have to whisper it to the gamemaker and if it is correct the game maker will end the game).

Topics afterwards: Love. How do you find love, how do you know that it is love, what do you need for love. Love language. etc

2. Mountain catchers. Simple catching game. But if you jump to somebody's back, then both of you are safe, until you are able to hold that position. If you go back on the ground you have to run again.

Topics. Helping each other, is it easier if you cooperate etc.

3. Winking game: Everybody has a pair, they stay in two lines, one meter behind each other. The one behind can only stare at the foot of her pair. There is one extra person in front of the first line, she/he has to wink at somebody in the first line, the person being winked at, has to jump out from her line without her pair touching her. So the ones behind, the second line stare at the foot, if they see the foot moving, they are trying to catch their pair. If they succeed, they change places, so they can be in front being winked at. If someone manages to jump out without being touched she can be the one who winks, and the one who winked goes to her place.
Then they can try the same game, but with a ball between their legs. So now they have to get out from the line without notice by also dribbling a ball

Topics: Jealousy. Monogamy, polygamy. Changing partners, dating. Is it harder when you have a ball? Etc.

4. Ball bouncing, catching exercises in pairs. One pair two balls. You have to pass two balls at the same time in the air, with your hand, you have to pass two balls and clap in front and back. You have to bounce it, run to each other's place and catch it. Etc.

Topics. Cooperation, working together, synchronicity.

5. Trust game. One is falling back from a bench, the other has to catch her.
6. Blindfolded exercises. There are several cones/balls in the middle, every pair has a small square. Pairs are competing, one is blind folded, one is not. They have to run for the balls and bring back as many cones/balls in their square as possible. 8th (the cones with hands, the balls with legs) The other is telling the way, but she cannot move.

7. Pairs have to cross the spinning rope, without the rope touching them, but one is blindfolded. First they can hold hands and can run together. But then the one who sees can only help with words, they cannot hold hands.
8. Blindfolded football. Normal football match with blindfolded people, the ones who are not blind folded can navigate from the side.

Topics: Trust (cooperation) believing in your pair.

9. Tied together. Pairs are tied together with bibs gently on your wrists (they can also just hold hands, if they prefer). 3 pairs vs 3 pairs (plus one keeper for each team) are playing a match. They play 8 minutes, blue team vs green team. Then we switch one color for only one of the pairs for each pair. So you stay tied up with the same person, but now you are against each other. And you have to play one 8 minute match, blues against greens with people being tied up together but playing for two different teams.

Topics: Being “tied” to someone. Can it be a difficulty, advantage? Goals, is it important to have the same goals, how do you cope if the goals are different. How is it when you feel that your pair is against you. etc.

10. Connaiss'Hand de Soi (football version). We play a football game but there are different roles. One can only use her weaker foot. One has only two touches and can only pass (so cannot shoot on the goal). One can only dribble but cannot shoot and neither pass(?). One can only tackle and head so she can only make headers in attack.. One can only shoot, cannot dribble and not even pass. One can only do the throw ins, free kicks corners, kick ins, penalties, and she is the only one who can do them. First it is the game maker who decides who has to do what. Then in the second game, teams can decide but everybody has to take different roles. In the third match, they should pick their favorite role by themselves without discussing it, so maybe everyone will be the same.

Topics. Roles in society. Women roles in society, in a family, in a relationship. Can we decide our roles? Who is choosing instead of us? What role would you take? Can you be in completely different roles at the same time?

11. Shooting game. One team is shooting 7 meter penalties to a goalkeeper, we make statistics, how many goals per shoot. Then we add tasks to make the shoot harder. 1. you have to shoot 3 meters more far. 2. you have to shoot blindfolded 3. you have to shoot a bouncing ball. 4. there is a wall (from players of course) 5. There are two goalkeepers. 6. you have to start from the half line but the ball is moving, so you can dribble. 7. you dribble from the half line but there is a defender. 8. You have to run 30 laps around the ball with one of your hands on the ball and then shoot when you are completely dizzy.

In the first round the attackers can choose what extra they will use. In the second round it is the defenders who choose between the 8 extra tasks. In the third round the defender is choosing one and the attacker is choosing one. And they have to do both extra tasks.

Then we try it if it is even possible to shoot a goal, if we choose 3 extra. It can be any combination, So they have to figure out in which combination it is still possible and from what point it is impossible.

We write down all the statistics.

Topics. How to prevent unwanted pregnancy. What are the techniques, and what are the probabilities.

12. Get back in the game. It is a catching game, there are multiple catchers. On the field there are items to help the runners. There are bibs if you manage to grab a bib than basically you have an extra life, so if you get caught nothing happens you are safe until you have the bib, but you have to give back the bib once caught, so second time they can catch you. You can also grab a blue cone, if you have a blue cone, when they catch you you have to do 3 squats, give back the cone, but still play. If you get caught with nothing in your hand, you can still run and grab a red cone, do 15 squats, and play, but if you get caught a second time while running for the red cone, then you are out. If you are out, you can do 50 squats and still play. Whoever is the last to play as runner is the winner.

Topics. How to prevent unwanted pregnancy. What are the techniques, what are the inconvenients, and risks of each of them. 72 hour tablets, abortion.

13. Pregnant Lucia on the bus. One is trying to sit down between chairs, with a ball behind her t-shirt, she cannot run. There is one empty chair, the others try to prevent her from sitting down by always running and sitting on the empty chair.

Topics. What can be the difficulties of being pregnant, not just physically but if you get pregnant too early. How early pregnancy can limit your choices, and get you out from your peer group.

14. We play a game of football. If a team scores a goal, one person from the other team has to take a ball behind her t-shirt. If she shoots a goal she can take out the ball from her shirt.

Topics: When is it best to get pregnant, what are the beauties of it, How to be a good mother etc.

At the end we should end with something positive, that you should avoid early pregnancy, but when you get there, when it is time, It is a beautiful and good thing if you take it responsibly.

Maybe we could have some games which relate to how to take care of someone.(?)