

BLANKET RELAY

03

ACTIVITY SUMMARY:

In this activity, the group will play a relay, in which two people have to carry their team to the other end of the play space on a bedsheet.

OBJECTIVE:

- To introduce the group to the topic of this intervention
- To help adolescents understand how physical capacity for child bearing should also be a consideration while talking about early marriage

DURATION:

- 25 minutes

MATERIALS REQUIRED:

- As many bedsheets as number of teams
- Cones

NOTES FOR THE FACILITATORS TO KEEP IN MIND:

- All teams should have equal number of players
- You **HAVE TO** ensure that at least 1 team has 2 people who are physically smaller than the pairs who are lifting the children from the other teams.
- 4 teams are written for the sake of the module. If you have fewer participants then you can make 2 teams too.
- An ideal team size will be of 8, so that 2 of them can be the lifters and the other 6 get lifted one at a time
- Make sure to mark the beginning and the end point clearly

INSTRUCTIONS TO BE GIVEN TO PARTICIPANTS:

- I will divide you into 4 teams
- In each team, I will choose 2 of you who will be the lifters
- Now the lifters of each team will have to take their team members one at a time to the end point and leave them there to form another line.

BLANKET RELAY

04

- The lifters will then come back and take the next person and repeat this till the entire team has lined up at the end point.
- The team that is able to finish this task the fastest is the winner, but the other teams will still have to finish their relay.

POINTS FOR DISCUSSION:

- Which team came first?
- Why do you think they won?
- Which pair of lifters do you think struggled the most? (the smallest lifters should be struggling the most)
- All lifters were given the same task, why do you think this particular pair had the most difficulty?
- Lead the children through a conversation to understand how early marriage also leads to early pregnancy. Getting married in your adolescence phase might sound romantic, but your mind is still not developed sufficiently to take up all the personal, social and familial responsibilities that come after marriage. Also, since early marriage also leads to early pregnancy, your bodies are not ready enough to nurture another human being growing in you. As in this game, the older and physically better developed pair was able to do their task better, similarly, once you are an adult, your body is in a better place to take on the physical pressures of being married.