

BEER GOOGLES

GROUP ACTIVITY



AIM :

Using the beer goggles can be a fun group activity, but can highlight some of the effects/difficulties/dangers of being under the influence of alcohol.

TIPS :

Use a room where there is plenty of space, and where no-one will get hurt if they bang into things.

Set your ground rules before the activity.

RESOURCES :

Beer goggles can be hired from the resource centre, based at Aspect House, Bulwell, Nottingham.

Opposite are some suggestions of how the beer goggles can be used:

- Put a condom on a condom demonstrator
- Try and walk around the room and avoid a number of obstacles
- Try and dress a baby doll (particularly good for working with young parents to highlight how drinking at home can impact on parenting)
- Set up a number of household tasks, which could become dangerous if under the influence. For example, pouring a cup of tea from the kettle, moving a pan from the stove. Remember to use props and use cold water.
- Drive a remote control car around obstacles to discuss drink driving.

