

## Stacking Cups Activity

**Aims:** To understand how homelessness can happen, and the effect of a change of circumstances in life.

Reduce stigma and misconceptions around homelessness.

**Resources:** Anything that can be stacked, for example, paper cups or playing cards.

### Task

- Stack the cups in a pyramid shape.
- Ask students to take turn pulling a cup out of the pyramid. Each cup will represent an aspect of life, when the other cups fall, it demonstrates how taking away one part can have a snowball effect.

For example, poor mental health could result in being unable to manage bills or work. This could leave to debt, and losing your home.

**Add on:** You can also demonstrate the benefit of having good support system in place by placing supporting cups in the pyramid which can help reduce the number that fall when a cup is taken away.

Open a discussion on these points. Such as:

- How does taking away X effect other areas of life?
- What you could do in this situation? How could you get support?
- What are your thoughts and feelings on this?

### Here are some suggested cup topics:

Mental Health	Access to food	Internet access
Physical Health	Electric / Gas / Water	Mobile phone
Work	Money	Leisure activities
Relationship with family	Children	Access to transport
Friends	Health of family close to you	Pets
House	Education	Rest / sleep