

Relational Resilience

Cooperation Shuffle

Spatial Requirements: Gym/outdoor space required

Activity Type: Movement/group

Grades: 5-12

Group Size: 10 or more

Time: 20-30 minutes

Introduction: Cooperation and the ability to work as a team is an important component of Relational Resilience. This activity will challenge students to work together in order to achieve a common goal.

Materials:

- 1 piece of masking tape, taped straight across an area in your classroom, long enough for your entire group to stand side by side on (Note: You may also use 1 log, pole, or board)

Activity:

Divide the group into two teams.

Have the teams line up side by side on the masking tape line so that one team is on one half of the line and the other team occupies the other half. Explain to students the objective of this activity: to have the two teams switch places on the tape without touching the ground in as little time as possible. Explain that their feet must always be either in the air or touching the tape. A 10-second penalty will be added to the final clock time each time someone touches the ground.

After the group's first attempt, ask if they think they can improve on a second try. Allow a second and third attempt. You will usually notice a considerable improvement because of increased cooperation and experience.

Processing the Experience:

- How well did the group work together the first time?
- How did cooperation improve during the second and third tries?
- How does increased cooperation translate to improved outcomes?
- Is this the case in life? Why or why not?
- Do you think cooperation can increase our resilience? Why or why not?
- In life, how can cooperation increase resilience?