

Relational Resilience

That's a Wrap

Spatial Requirements: Gym/outdoor space required

Activity Type: Movement/group

Grades: 3-12

Group Size: 5-30

Time: 20 minutes

Introduction: This active group activity demonstrates that a team's success is dependent on every member of the group. It illustrates the idea that a group is impacted by even the smallest decisions of each team member.

Materials:

- A roll of plastic wrap (Saran wrap, cling wrap) for each team
- A timer

Activity:

Before the activity begins, designate an area as "A" and an area as "B." These points should be across the room/gym from each other.

As you begin, form students into teams of 5 or more. Have them gather at the area you have designated as point A.

Wrap the teams in the plastic wrap around their waists, forming a cling film belt. This should be tight enough to "bond" them together as one unit. It should also be several layers thick. Give students a few minutes to strategize how they will move the entire wrapped group from point A to point B.

When you are ready, remind students of the goal. Tell them to begin and start the timer.

Repeat the exercise, allowing students to re-strategize in between rounds. Challenge teams to beat their previous time.

Processing the Experience:

- What was most difficult about this activity?
- How did it feel to be limited by the speed of the team?
- How did it feel to be partially responsible for the performance of the team? How is this like Relational Resilience?
- Did you ever feel that you were holding your team back? What was that like?
- Did you ever feel that the team was holding you back? What feelings did that create?
- As you realized you were dependent on each other as a team, how did your strategy change for the second round?