

Desire, Time, Effort

3. Leaps and Bounds

Spatial Requirements: Classroom with moderate space required

Activity Type: Movement/group

Grades: K-12

Group Size: 8 or more

Time: 10 minutes

Introduction: Desire and effort in completing a task can often be increased when we receive feedback and support from others. This activity focuses on the effects of positive support and feedback in increasing desire and effort. It gives students a chance to both give and receive supportive feedback in trying to complete a challenge.

Materials:

- Tape
- 3 colored sticky notes per team of 4 or 5 (You may also use tape, string, colored dots, or some other type of marker.)

Activity:

Divide the class into small groups of four or five. Give each team a set of three colored dot stickers. Put a line of tape on the floor. Have each team choose a team jumper. The other team members will be observers and provide feedback and support. The jumper for each team will take one try at a standing long jump starting on the tapeline. The team will place one of the sticky notes where the jumper lands to mark the distance. After each jumper makes his/her first jump, have each team gather to give feedback and discuss tactics or ways the jumper may improve his/her jump. After the feedback session, the jumper takes a second jump. The jump is marked with another color dot sticker. In most cases, the second attempt will show improvement. A final attempt is set up. This time the observers are asked to give encouragement (cheering, etc.). Before this attempt, the groups and the jumper set a goal by putting a different color dot one inch past the longest effort so far. The final attempt is then completed. In most cases, the jumper will meet or exceed that goal. If time permits, you can repeat this activity, giving others a chance to be the jumper.

Processing the Experience:

- What was it like to be the jumper?
- What was it like to be the observer?
- How did feedback help the jumper?
- How did setting a goal help the jumper?
- How did cheering and encouragement help the jumper?
- Did the observers feel like they made a difference?
- How can having others' support and encouragement help you achieve your goals in life?