

Jumping Your Hurdles

2. Circle Around A Problem

Spatial Requirements: Classroom with moderate space or gym/outdoor space required

Activity Type: Movement/group

Grades: 2-12

Group Size: 2 or more

Time: 30-45 minutes

Introduction: Students will understand the importance of problem solving in life, and working with others to achieve worthwhile goals.

Materials:

- Tape
- 1 pencil per student
- 1 3x5 card per student
- Carpet, lawn, or mat is recommended

Activity:

To prepare for this activity, put the tape on the floor in a circle big enough to fit all of the participants standing shoulder to shoulder. Distribute the 3x5 cards and the pens or pencils to each student.

Ask the group to put a realistic, achievable problem they really want to overcome on the 3x5 card. Make sure that it is something they really want to overcome. On a scale of 1 to 10 (with 1 being low and 10 being high), ask if their desire to overcome the problem is a 7 or higher. If not, have them pick another problem/challenge. Instruct the group to take the card and stand in the circle with their heels on the tape facing the middle of the circle. Ask each person in the group to lie down and place their heels on the tape with the bottom of their shoes facing the middle of the circle. Instruct the group to look at their card and place it face up on the ground under their head as if it were a pillow. Now ask the group to stand up and get inside of the circle. Their goal is to take turns, with each member trying to get his/her goal (the 3x5 card) off the ground without any body part touching the outside of the circle. The 3x5 card cannot be moved from its position by sliding it. It needs to be picked up where it was placed on the ground. The only person that can pick up the 3x5 card is the person that wrote it. Give the group four or five minutes to come up with a plan to accomplish the task. If any body part (hand, foot, article of clothing) touches outside the circle, they have to put the card back in its place and try again. When the group accomplishes the task, process the experience.

Processing the Experience:

- What strategies did you use to overcome the problem?
- What were your fears when it was your turn to pick up your card?
- How did it feel when you reached your goal and brought it back to the middle of the circle?
- What had to happen before you reached or overcame your problem?
- Why can't the difficult problems in life be reached without support?
- Can you overcome your challenge/problem on your own? How is this activity like life?
- What happens if you are not successful in your attempts to overcome your problem the first time?
- Who are your support systems in life to help you overcome your problems?