

Jumping Your Hurdles

11. A Pyramid of Cups

Spatial Requirements: Classroom with moderate space required

Activity Type: Movement/group

Grades: 4-12

Group Size: 4-6 people per team

Time: 15-20 minutes

Introduction: In life, we encounter problems – or hurdles – on a daily basis. The key to success in solving these problems is to utilize the resources and support around us, and to consistently engage in positive self-talk. This activity helps reinforce this principle.

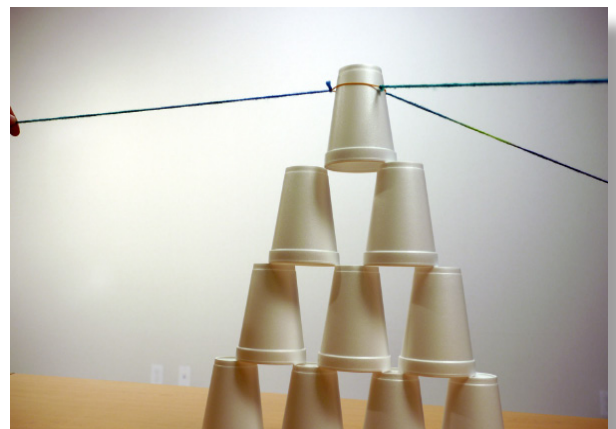
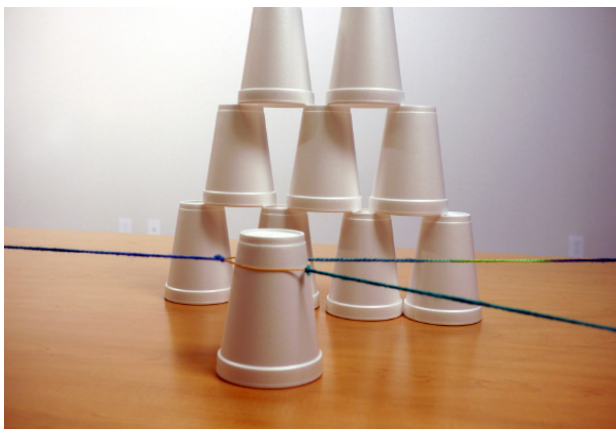
Materials:

- 10 plastic or foam cups per team
- One piece of 3-4 foot-long string per team member
- 1 rubber band per team

Activity:

Give each team their materials, placing some of the cups upside down, on their side, and right side up. Use the same combination for each team. The first team to stack all its cups into a pyramid wins. The rules of this game are as follows:

1. The only thing that can touch the cups is the rubber band, meaning the cups cannot be handled with your hands.
2. The strings cannot be tied around the cup, only attached to the rubber band.
3. One end of each string can be attached to the rubber band.
4. Each participant must hold the free end of one string.
5. When five cups are stacked, the group must finish the activity in silence.
6. If talking occurs, 30 seconds will be added for each incident.



Processing the Experience:

- What strategies did you use to pick up the cup?
- What worked and what didn't? Why?
- What was your most difficult setback? How did you deal with it?
- What motivated you to finish this activity?
- How did teamwork come into play?

- Could you have done this activity alone? Why or why not?
- How can teamwork help us in jumping our hurdles – or solving problems – in life?
- What kind of hurdles or problems do we face on a daily basis? What are some of the resources we can utilize to overcome them?