

Jumping Your Hurdles

12. Tarp Turnover

Spatial Requirements: Gym/outdoor space required

Activity Type: Movement/group

Grades: K-12

Group Size: 5 or more

Time: 15 minutes

Introduction: In life, we face situations where we need to reevaluate our actions, adapt, adjust, and formulate another plan to jump the hurdle. In this activity, students will work together to make a plan and try to carry it out in small steps, reframing and adjusting as they go.

Materials:

- At least 1 tarp, old sheet, or blanket; large enough for the entire group to stand on while leaving about a quarter of it empty

Activity:

You may want to divide the group into two teams and make this a competition. Once the group is standing on the top of the tarp, challenge them to completely flip it over so that everyone is standing on the other side of the tarp. At no time may anyone get off the tarp or touch the ground during this activity. Encourage them to make a plan of action before starting. Periodically during the activity, encourage group(s) to re-evaluate how they are doing, and to adapt and adjust as necessary.

Processing the Experience:

- What was your original plan for completing this activity?
- Did you have to adjust or adapt your plan after you started? If so, why? What adjustments did you make?
- Was it discouraging when you weren't immediately successful?
- Do we sometimes get discouraged when things don't go as planned? What should we do when that happens?
- Why do we sometimes need to adjust our plans in order to jump our hurdles or solve our problems?