

Lift the Weight

1. Cooperation Arm Wrestle

Spatial Requirements: Regular classroom setup: little or no space required

Activity Type: Movement/group

Grades: K-12

Group Size: 4 or more

Time: 5 minutes

Introduction: In this activity, participants will learn that making positive choices and working together is always more beneficial than working alone or against each other.

Materials:

- None

Activity:

Divide the group into pairs of similar strength. The partners face each other, reaching out their right hands. Each person clasps hands with his or her partner with thumbs pointing up (as though for an arm wrestle). Once all the partnerships are linked up, tell the group, "The object of the game is to touch your partner's right shoulder as many times as possible, keeping your hands locked together." Let them know that to win the game, they must get the most touches.

Participants will likely think that they are going against their partner and will try to keep each other from winning, but the team with the most touches total will be the winner. After one minute, find each team's total and declare the winning team the one with the most touches.

Repeat the activity now that the participants understand the rules.

Processing the Experience:

- Why were you working against each other during this activity? Did it benefit you?
- Did any team work together to get as many points as possible during the first round? Why?
- How can working together and making positive choices make us stronger?
- How does following the rules benefit you personally? How will it benefit your school? Your community?
- In what ways could this activity apply to resisting the rules?
- How can you better implement positive teamwork in your life today?