

Lift the Weight

5. Got Your Back

Spatial Requirements: Classroom with moderate space required

Activity Type: Movement/group

Grades: K-12

Group Size: 8 or more

Time: 10 minutes

Introduction: While it may be difficult to resist the pressure to break laws or rules, in the end we will find that following them leads us on an easier path in life. For example, while we may find it hard to resist the pressure to smoke, it would be even harder to face the problems of addiction, lung cancer, or emphysema. This activity will show that following the rules, while sometimes difficult, will make it easier for us to learn and accomplish our goals.

Materials:

- None

Activity:

Explain to the students that they will be attempting to stand up from a seated position on the floor without using their arms or hands to push them up. To begin, have them try to stand up by themselves from a seated position without using their hands or getting on their knees. Then divide the class into smaller teams of two to four people. Challenge each group to sit down on the floor with their backs to each other, link elbows, and stand up without unlinking their arms. Once the teams have successfully stood up, have each group combine with another group. Members of this group will also sit with their backs to each other and attempt to all stand up together. Finally, join the whole class or group together, and while sitting with their backs to the circle, have everyone link elbows and try to stand up at the same time.

Processing the Experience:

- When you first heard what the activity would be, did you think it would be difficult or easy?
- Was this activity easier or harder than you thought?
- When you were told to join groups, did you think it would be easier or harder than it was with two or three people? Were you right or wrong?
- What surprised you most about this activity?
- Has there ever been a rule that you thought would be really hard to follow, but it ended up not being so hard?
- Can following rules make life easier? How?
- In what ways do rules protect us and make our lives easier?