



Popsicle Activity: Middle School

Supplies Needed: Popsicle sticks and markers.

Instructions

Give each athlete a Popsicle stick and have them write a personal or team goal on it before sharing it with another member of your group. Next, discuss the Kenyan proverb that states, "Sticks in a bundle are unbreakable."

Then, take one Popsicle stick and in front of the entire group and show how easy it is to break in half.

Now, have them get into groups of at least 10.

Ask them to put all the sticks together into a bundle and then attempt to break them in half, which should be challenging (if not impossible).

Finally, debrief and discuss the meaning of the activity and how it related to the proverb.

Suggested Questions:

1. What does "Sticks in a bundle are unbreakable" mean and how does it relate to sports?
2. How does this activity reinforce the concept of teamwork?
3. How does it relate to goals? Why was it meaningful to write goals on the sticks?
4. What else could you write on the Popsicle sticks?



Teamwork



Line Up Activity: High School

Instructions

Depending on the number of athletes present, have them form evenly-sized teams (preferably of at least 10 people). These are fun activities to help emphasize that good teams must be able to communicate effectively under stressful situations. Spend time at the end debriefing about how teamwork was used in the activity.

LINE UP

This is an activity where the group is given various instructions for lining up. They must listen to each other and work together. Time restraints can be applied to add a component of pressure or teams can race one another. To make it even more challenging, ask your athletes to remain silent, forcing them to use only hand gestures to communicate. Suggested instructions for lining up:

- *Shortest to tallest*
- *By birthday, starting with January*
- *In alphabetical order by first name*

Suggested Questions:

- 1. How does this activity reinforce the concept of teamwork?*
- 2. What role did you play in helping the team?*
- 3. Did losing your voices make the activity more challenging?*
- 4. How could the activity work better next time?*



Teamwork



Human Knot Activity: High School

Instructions

Depending on the number of athletes present, have them form evenly-sized teams (preferably of at least 10 people). These are fun activities to help emphasize that good teams must be able to communicate effectively under stressful situations. Spend time at the end debriefing about how teamwork was used in the activity.

THE HUMAN KNOT

This is an activity where the group stands in a circle facing each other. Everyone then reaches across the group and grabs the hands of two different people. This forms the knot. The object is to get the group to untangle itself without anyone letting go of their hands. The group must communicate how to crawl or twist out of the knot without getting frustrated with each other.

Suggested Questions:

- 1. How does this activity reinforce the concept of teamwork?*
- 2. What role did you play in helping the team?*
- 3. Did losing your voices make the activity more challenging?*
- 4. How could the activity work better next time?*