

Activity: Don't Break the Ice

Objective: Students will list 5 ways to create a physically and emotionally safe experience for others.

Time: 25 minutes

Materials: poly-dots or carpet squares (one per student), one boundary rope tied together to form a circle, newsprint, markers, tape

Procedures:

1. The goal of the activity is to see how few dots or squares the team can occupy, while avoiding contact with the ground.
2. Once the team has set a goal, have everyone step over the rope and onto a dot of their choice. Once the group has held their positions for a 5 count, have the group carefully step off the dots and out of the circle.
3. Then nominate a spokesperson from the group. After each successful round, the group can take away one dot and move another one. The group has 45 seconds to make their decisions.
4. After the discussion time has expired, the spokesperson must announce the decisions.
5. After the appropriate dots have been moved, the group repeats steps #2-#3. With each successive round, a new spokesperson should be nominated.
6. In order to create space, participants are allowed to give one other a piggyback.
7. If and when the group has reached its goal, ask them if they would like to re-evaluate by continuing on or stepping back.

Processing:

1. What did you like about that activity?
2. What was challenging for to watch or do during that activity?
3. What were five keys to the group's success?
4. What is it like when something feels safe? By your definition was this activity safe?
5. List 5 ways that the group kept this activity safe, both physically and emotionally?
6. What are 3 things you can take away from this activity that may help your school to be a safer place?
7. What are three things that this activity had to do with building healthy, positive relationships?