

BACK TO BACK

Objective: To learn to lean on one another for support.

Items Needed: none

Make teams of two to three people each. Each group is to sit down on the floor with their backs to each other, elbows linked, and then stand up without unlinking arms. Once a team successfully stands up, they are to find another threesome that was also successful and form a larger group together, sit back to back, and attempt to stand up as six all together. The groups should continue joining together into larger and larger groups until the entire group is back to back and working together to stand up as one big team.

DISCUSSION IDEAS:

1. Is the activity best to begin as a small group? Why or why not?
2. Was it easier as a small group or harder? Why?
3. Do you prefer being a member of a small team or large team? Why?
4. How are small teams and large teams different?
5. What makes teams most effective?

