



Don't Drop the Eggs

Description

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Group works together to untangle themselves and keep the "eggs" safe.

Supplies

- 4 small objects like candies, erasers, pen caps

How to Play

1. Pass out the "eggs" to four students in the group.
2. Tell the group that the goal of this game is to make sure the "eggs" stay safe as the group makes and untangles themselves in a human knot.
3. Have students form the knot by standing in a circle. Students then reach out one hand and grab the hand of another student standing opposite them. They must then reach out their other hand and grab the hand of a different student. No one should be holding hands with someone standing right next to them.
4. Remind students who have an "egg" to make sure to keep their "egg" safe between their hand and the other person's hand.
5. Allow the students to start to untangle, reminding them that their hands must stay connected.
6. Explain that if an "egg" drops, the group must start over by making a new knot and trying to get untangled again.

Activity Prompts for Reflection

- What did you do to make sure you used kind words during this activity?
- What made it difficult to work together during this activity?

- What is something you would do differently if we played this activity again?
- Did anyone have a strength that they were able to use during this activity?

Other Ways to Play

- If untangling the knot is too difficult for younger students have them stand in a circle and pass the egg around the circle in different ways, trying to keep it from falling. Examples: pass it around the circle using only one finger, with your eyes closed, behind your back, etc.
- Make this activity more challenging by allowing students to form a strategy for how they want to approach this challenge before hand. Then, once it is time to untangle, the group must remain silent.

Additional Notes

- Use the [SEL Activity Prompts](#) to tie other SEL competencies to this activity.
- If your group is larger than 12 students divide them into smaller groups and have them compete against each other to get untangled the fastest.

Category

1. Activities
2. Relationship Skills

Sel-competency

1. Relationship Skills

Allotted-time

1. 10-20 minutes

Themes

1. Work Together-Teamwork