



Supportive Straws

Description

Supplies

- Enough straws for every student to have one

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Students practice working together on a team during this group coordination challenge.

How to Play

1. Divide students into even teams of 8-12 students and give each student a straw.
2. Have each team form a circle standing shoulder to shoulder. Instruct students to hold their pointer fingers out to their sides. Students balance one straw on either side of them, using the tip of their pointer fingers and their neighbors. Once the game begins, students are not allowed to use any other fingers/body parts to help them balance the straw.
3. The goal of this game is for each group to not drop any straws during the different rounds played.
4. If a group completes the movement without dropping any straws they receive a point. Groups that drop a straw do not receive a point for that movement.
5. Start calling out movements, and keep track of points somewhere all students can see.
6. Example movements: raise one foot, rotate the circle one full turn to the right/one full turn to the left, take two steps in, take two steps back, raise arms above your head, squat so fingers are almost touching the ground, etc.
7. The team with the most points at the end wins!

Activity Prompts for Reflection

- What kind words did you hear during this game?

- What strengths did you see your team use during this game?
- How did your team work together during this game?
- What weaknesses did your team have that could be improved if we played again?

Other Ways to Play

- To make this easier, cut the straws shorter or use toilet paper rolls.
- If a straw drops, allow teams to switch where they are in the circle between rounds.
- Appoint a team captain for each round. Have team captains help their teammates place the straws between index fingers, cheer on their teammates, and keep track of their teams points.
- Award points based on how many straws are still in the game for each round.

Additional Notes

- Use the [SEL Activity Prompts](#) to tie other SEL competencies to this activity.

Sel-competency

1. Relationship Skills

Allotted-time

1. 30 minutes

Themes

1. Work Together-Teamwork