



## Pick Up Sticks

### Description

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Help students learn more about each other as they practice staying focused.

## Supplies

- Box of dry spaghetti noodles or straws

## How to Play

1. Have students sit in a circle.
2. Pour a box of spaghetti noodles or straws out in the middle of the circle, making sure that all noodles/straws are touching and crossing each other in a variety of ways.
3. Tell the group that each student will get a chance to try to pick up one of the "sticks" without moving any of the other "sticks."
4. Once they successfully pull out a "stick" without moving any others they must say one thing about themselves that makes them unique. Encourage students to share a fact that others in the group might not already know.
5. If a student moves another "stick" or the group of "sticks" they must put their "stick" back.
6. The next student in the circle goes and this continues until every student has had a turn, all "sticks" have been picked up, or time is up.

## Activity Prompts for Reflection

- What is something new you learned about someone else in the group?
- Did someone have a different opinion than you during the activity?

- Is there anything that makes you unique that you weren't able to share during this activity?
- What is something that makes your family unique?

## Other Ways to Play

- Don't have students start over if they move another stick, instead have them hop around the circle one time.
- If students are having a hard time coming up with what makes them unique give them different categories like: different foods that you like, unique music that you listen to, where you'd like to travel to, etc.
- Color one of the sticks and have students use that to pick up the other sticks.
- Time the students to see how long it takes them to remove all the sticks. The next round have them try to beat their previous time.

## Additional Notes

- Use the [SEL Activity Prompts](#) to tie other SEL competencies to this activity.
- The more sticks you pour in the middle, the more difficult and challenging the game will be. Base the amount of sticks you pour out on how many students are in your group and how much time you have.

### Category

1. Activities
2. Social Awareness

### Sel-competency

1. Social Awareness

### Allotted-time

1. 10-15 minutes

### Themes

1. Get to Know You