

Learning Objectives:

- ❖ Fellows will have an opportunity to reflect on their role in the group and how their actions impact the group, both within and outside of the training space (mostly within)
- ❖ Fellows will engage with their bodies and learn beyond their heads
- ❖ Fellows will laugh and be goofy together
- ❖ (Fellows will practice trusting each other with their bodies and hopes in order to build towards trust of emotions)
- ❖ (who knows! The learning will be created collectively and can't be predetermined)

Materials (depending on which activities are selected)

- ★ Throwables/random objects
- ★ Playrope (long)
- ★ Blindfolds
- ★ Tennis balls
- ★ Hoola hoop
- ★ Lightsaber
- ★ Timekeeping device (not phone)
- ★ Cos Supplies: Binder clips, blindfolds, plastic cups, rubber bands

Intro:

An introductory activity that will include some framing and explanation and serve to set the tone and begin getting participants warmed up and receptive to the facilitation.

(5-10 Minutes)

(Choose 1)

- **Option 1: What am I in this group?**
 - Bunch of objects on the floor, everyone selects the one that best represents their role in the group and picks it up, explains it in go-around
 - Facil goes first to model: I grabbed the rope bc I bind the group together; or I grabbed the smiling pumpkin doll because I bring a goofy energy
 - Ok we have ____ different things in the group, how do you think this affects us?
- **Option 2: Handshakes**
 - Facilitator teaches an active handshake, participants find a partner to do that handshake with and answer a question (ex: This is a silly handshake, what's something silly that happened to you lately? Or The Woodsman Handshake lets us chop down trees, or the Patriarchy, depending on how you look at it. What's something you need to "knock down" in order for you to grow?)
 - Typical Handshakes
 - Salmon handshake
 - Thought that's swimming around in your head/can't get out of
 - Star Wars handshake
 - Woodsman handshake
 - Boston Handshake/footshake

- Something that you don't want to miss or forget when you move quickly
 - Kool-aid man
 - Groups of 3, one epiphany or bursting out lesson
 - 1:1, date, debrief
 - Top Gun Handshake
 - Milk the Cow handshake
- Need to choose which ones (probably 3) and connected questions

Initiatives: The core of the program. One long activity that asks participants to use their bodies and minds together to achieve a shared goal.

(Choose 1)

(perhaps a second if the group finishes quickly or the facilitator perceives a shift in group needs. Timing will always vary but most are between 20 and 45 minutes, including debrief).

● **Option 1: Kaboom!**

- Two teams. Each team chooses one Champion (can rotate). Champions enter The Arena (a large square marked by a rope or cones); their job is to pick up a stuffed animal and throw it at their opponent to score a point. The catch: Champions are blindfolded. It is the job of their teams to give them directions.
- Levels: after 1-2 rounds at each level, introduce the next level and give teams 60 seconds to strategize.
 - Level 1: team gives directions.
 - Level 2: each team member can only say two unique words. (ie if I say "Go forward!" I can say "go" and "forward" as many times as I want, but I can't say "Go forward, wait stop! Turn!")
 - Level 3: Team members can only speak in animal noises. (Can also be done with pizza toppings, ice cream flavors, or names of people in the cohort).
- Why this game?
 - Goofy! Gets people moving and laughing!
 - Communication! If you can communicate in literally "woof, woof, no wait oink!" then don't tell me you can't listen and try to understand someone speaking English.
- Cons: lots (though not all) people are blindfolded, accessibility issue.

● **Option 2: Helium Hoolahoop**

- Everyone is in a circle; a hula hoop rests on everyone's two fingers (can be done one-handed if needed). Group begins crouched down and must lift up the hula hoop without anyone's fingers leaving it at any point (cannot grab or hook, it must rest)
- Why this game?
 - Its really hard and frustrating. Let's work through it!

- I'm not even going to try to explain this one on paper. Involves one blindfold, lots of (mis)communication and laughter.
- Why this game?
 - Great for thinking about communication, miscommunication, the frustrations of trying to communicate and *that you can achieve a goal even when you can't see where you're going or what that goal is*
- **Option 6: The Cos Game**
 - Everyone gets a partner; Partner A leaves the room, while the Facilitator explains the initiative to Partner B. When Partner B returns, they will be blindfolded and have to complete a task. B will be handed a large binder clip that is attached to a rubber band. Two other Partner Bs will have binder clips attached to the same rubber band. Together, the three Partner Bs must stretch their rubber band to pick up a cup and place it in a bowl.
 - The catch: Partner B is blindfolded, so Partner A must give them directions. *However*, Partner A is not allowed to explain the task to Partner B. They cannot say that there is a cup or rubber band or that B's binder clip is attached to other pairs.
 - Why this game?
 - Lots of great stuff about communication and trust, but I really love this one because each Partner B doesn't realize that their movements are directly tied (literally) to other people's actions--so much to unpack there!
- **Option 7: Steal the Bacon**
 - Facilitator is at one end of room, participants at other. Facilitator has an object "The Bacon" that the group must steal and return to their starting line. It begins like red light/green light--if facilitator turns around and shouts "Freeze" anyone moving gets sent back to start and must try again. Once someone gets close enough to grab "the Bacon" the game changes: every time the facilitator turns around, they get two guesses as to who is holding the Bacon. If they guess correctly, the bacon is returned and the entire group returns to the starting line. The group may pass the Bacon between each other when the facilitator's back is turned, but not after "Freeze" is shouted. Every person must hold the Bacon at least once before it crosses the finish line. They may not throw the Bacon.
 - Why this game?
 - Strategy! Not only must the team come up with a creative strategy but they must also be able to all commit to it and remain committed through the entire game.
 - Teamwork! Lots of opportunities for different types of leadership
 - Really conducive to the Airplane Debrief (described below)
 - Really really fun.

Debrief/Closing

Every activity will include its own debrief; this is the final closing activity to reflect on all of the activities so far.

(Choose up to 2 depending on time)

- Option 1: Airplane Debrief (depending on Initiative)
 - **Airplane Debrief!** "We were not actually (doing whatever activity), we were flying a plane. Some of us were pilots, sharing our ideas people, the vocal leaders, center of attention. Some of us were crew, maybe not sharing as many of our own ideas but bringing the pilots ideas into reality, actively making sure that everyone was where they needed to be and doing in general what you saw needed to get done. Some of us were passengers. This is a very special role that takes a lot of trust. Passengers were able to look at the rest of the group and choose to take a step back, creating space for others to step up as pilots and crew, and trusting the team to keep us flying. These are three really different roles, and all are essential. ie anyone ever try to fly a plane with all pilots? #toomanycooksinkitchen. And, we all take on all of these roles at different points in our days/lives/activities (for debrief think about the one you most inhabited during this activity--or facil could choose to ask about the one you most typically inhabit for a different type discussion!)"
 - have people group themselves into pilots, crew, passengers. Then discuss what seems relevant to your group: In what ways did they hold their roles? In what ways did they support other roles? In what ways were they supported?
 - Report back to whole group. Either keep discussing, or explore new questions as a whole group. Ex: How was the distribution of roles (ie did it seem like the right number/space in each--not too many pilots shouting over each other)? How were the roles chosen (was it intentional? how does it tie in to how we've been socialized (ie are white males all pilots, WOC/QTPOC mainly passengers? really important to unpack!) How might we be more intentional in this division of roles? Are you satisfied/feeling good in your role? How might you challenge yourself to take on a different role? How might the group use this consciousness of roles to choose how we interact with each other?
- Option 2: Revisit handshake partners with new questions
- Option 3: Somehow revisit objects from beginning
- Option 4: Celebrealuation
 - Teach pat-clap-snap celebration tool; name successes (things you learned, times you laughed, something unexpected etc) use tool to celebrate them