



Activity 1

Teamwork Cup Stack (Icebreaker)

Objective:

- Engage in teamwork and communication activity to learn about individual and collective resilience.

Materials:

- Paper cups (one per person)
- 18" length of string (one per person)
- Rubber bands (one per group of six)

Steps:

1. Divide into groups of six.
2. Tie six equally spaced strings (about 1-2 feet long) around a single rubber band and give each group the string/rubber band device and six paper cups.
3. Challenge the group to build a pyramid out of the paper cups (three on the bottom, two in the middle, one on the top).

***Group members cannot touch the cups with their hands or any other part of their bodies, even if a cup falls over or on the floor. Each person holds onto one of the strings that are attached to the rubber band and they use this device to pick up the cups and place them on top of each other (by pulling the rubber band apart and then bringing it back together over the cups).*

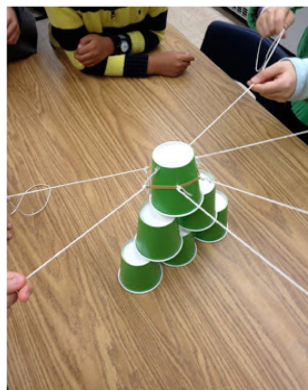
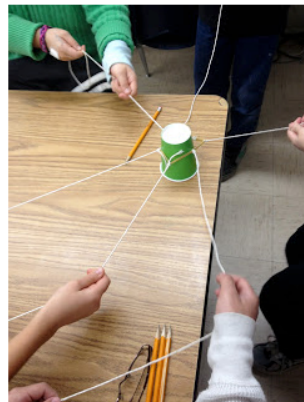
4. Discuss the experience with a focus on connections, teamwork, and what participants learned about themselves.
 - Was anyone frustrated at all during the activity? If so, how was it handled?
 - What did you learn about yourself or others?
 - Why was teamwork so important for this activity?
 - What is so hard about teamwork?
 - What did you do today to contribute to the teamwork on your team?
 - What are some skills needed to be good at teamwork?
 - Are you ever in a situation where you must use teamwork? Is this always easy for you? Why or why not?
 - How can we use what we learned through this experience in situations outside the game?



RESILIENCE ACTIVITIES

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Adapted from Jaclyn N. Sepp, School Counselor, MA, LPC, RPT, NCC