

Tissue Toss

Introductory Lesson
Respect & Community
Optimism

Group Size: 8+ participants
Materials: *Tissues (Kleenex)

Objective & Purpose:

- * Members will build teamwork and camaraderie while learning names of their teammates.
- * Members will trust and lean on one another.

Activity:

1. Have all students stand in a circle.
2. One person starts in the center with the tissue, calls out another group members' name, and then throws the tissue up in the air.
3. The "caller" in the middle then runs to the other person's place in the circle while the "called" person has to grab the tissue before it hits the floor.
4. Play continues (you cannot call the same person that just called you!)
5. If the tissue hits the floor before someone gets to it, you tear the tissue in half.
6. The game gets tougher and tougher as the tissue gets smaller.
7. The game ends whenever you want it to end.

Note:

* This activity is a great lead-in or help-mate for any bullying discussion you would like to have.

Discussion:

- *The circle represents our group, a unified team. We are all here to lean on each other. Sometimes we may need to "catch" someone when they have "dropped the ball."*
- **RESPECT & COMMUNITY:** How does this game represent the values of Respect & Community?
- How did you show Respect to your group members?
- **OPTIMISM:** How did you use Optimism in this activity?
- Were you Optimistic you would catch the tissue before it hit the floor so that the game would not be harder for your teammates?
- What happened if you did not know the names of all the group members?

Life Application:

- **RESPECT & COMMUNITY:** Why is it important to communicate with the people in your group?
- What happens when someone does not effectively communicate with others?
- **OPTIMISM:** Why is having Optimism an important part of being on a team?
- How can you show more Optimism in your everyday life?