

Health

Part 1

After attendance have the students get out a sheet of paper.

Have them respond to the following questions: (They should be very private about their answers).

1. I'm happy when...
2. I'm happy when
3. I was a guilty when...
4. I can't believe...
5. The hallways are ...
6. I'm stressed when...

Collect the papers.

Now tell the students to **"Clear out the Middle"** The students will move the desks to the sides of the room. Just sit back and watch them go. This should be done rather quickly.

(Class 1 **"Clears out the Middle"** and Class 2 students will put the desks back the way they're supposed to be at the end of the day). They should now **"Circle Up."**

Part 2

Add A Word - Make the longest sentence. *To recognize that different view-points can be helpful in a group.

From the blue book ***"More Leadership Lessons"*** page 7 (bpg7)

Each group should have a piece of paper and a pencil. Tell them that their goal is to create the longest sentence. Using the starter sentence each person takes a turn adding one word. The sentence must make sense and come to a logical conclusion. The students are not allowed to talk, and they have 60 seconds to complete the task.

After the time is up, have each group count the number of words they used and write it on the paper. Repeat the activity three or four times and then change the rules. This time each person still has to add a word, but the group may talk and make suggestions. Repeat this twice and see if there is a change in the results. It's pretty fun. In the past the students have had a really good time. They should remain positive.

Story Starters

- 1) The cow jumped..... 2) The worm crawled..... 3) A loud crash.....
4) People who are ... 5) The next time... 6) A woman screamed..... 7) One dark night...

Processing At the end of the activity have the students "Gather 'round." They should gather around the short stool. Make sure there is enough time to process the activity.

- How well did your team do when you couldn't talk to each other?
- How much pressure did you feel when it was your turn?
- How did the activity change when you were allowed to talk?
- Was the amount of pressure you felt different when the group was allowed to talk?
- When you have a problem to solve, does it help when someone gives you suggestions?
- Will a greater number of people always make it easier to solve problems?
- How can people with different backgrounds help solve a problem?
- What could someone from a different culture provide that you couldn't?
- How can different viewpoints help solve problems?