

How to Make a Waterknot

Welcome to Freshman Connection 2010!

In this book you will find instructions to the cooperative games and activities that you will be leading.

Take a little time to leaf through it.

In your training sessions you'll have a chance to do each activity. Don't be afraid to ask questions, because soon it'll be your turn to lead!

Keep this booklet with you; we hope it'll be a helpful reminder for you.

Step Three



Follow the webbing around the knot.

Step Four



Go back through the knot to the other side so you have tails sticking out both sides of the knot.

Tips/Principles

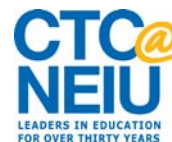
∅ Lead by example: The way you act will set the tone for the group. If you are respectful and take the lead, chances are your group will pay attention.

∅ Speak loudly and clearly: Practice speaking up and try speaking a little bit slower than you normally would. Remember, the goal is for everyone to hear and understand you.

∅ Have fun: Smile, be friendly. Make a positive atmosphere for the group. Feel free to let yourself have a little fun. If you enjoy it, they will too. Keep your attitude and language positive and respectful, even if it gets frustrating.

Notes:

Youth Leadership Development by the Chicago Teachers' Center



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Freshman Connection 2010

Official Youth Leader Handbook

How to Tie a Waterknot

Step One



Tie a normal overhand (granny) knot, leaving at least a 6-inch tail. Make the webbing is flat, not twisted.

Step Two



Insert the other end where the tail comes out.

Tips/Principles

- ☺ Be respectful of yourself and others: Be encouraging of a teammate and set a good example by listening to other facilitators.
- ☺ Be prepared: Look at what you're doing ahead of time and make sure everyone's on the same page.
- ☺ Face the group: Don't turn your back on the group while talking. When you're standing in a circle, talk from part of the circle not from the inside.
- ☺ Pay attention: Stay with the group and focus on what you're doing. Remember to turn off your cell phones, mp3 players, etc.

Warm-Up/Trust: People to People

Get into partners, with one person left over. This person becomes the caller.

The caller can call out two body parts and the partners have to touch those together. For example, the caller says, "foot to elbow," and the pairs will each touch a foot with an elbow.

Call out 3-4 sets of actions.

When the caller says "people to people," find a new partner and start over.

*Keep it respectful. Use extenders if you're uncomfortable.

Cooperative Activity: Partner Tag

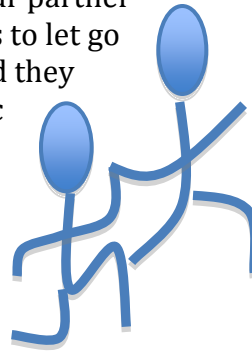
Get into partners and hook elbows.

One pair will split apart and become "it."

These two people chase the partners, trying to hook onto a pair.

If someone who is "it" hooks onto your elbow,

your partner
has to let go
and they
become
"it."



Icebreaker: Finger Catch

In a circle put your left palm up toward the sky.

Next put your right index (pointer) finger in the palm of the person to your right.

When the facilitator says "go," try to catch your neighbor's finger while keeping your own finger from being caught. Reset after each time.

Variations: Substitute another word for "go," then tell a story using that word. Switch hand positions (i.e. right palm/left finger).

Trust Exercise: Raccoon Circles

Materials: Tubular webbing tied into a circle with a waterknot (*VERY IMPORTANT: dangerous if not done right*). See back pages for instructions.

Have participants hold the webbing at waist-level and carry out the following challenges:

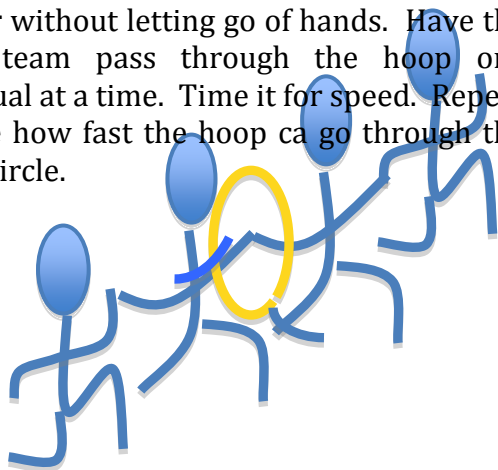
(a) Group balance challenge—have them stretch the rope lightly in the circle and then lean back at a 45 degree angle; do this until no one needs to move their feet and the group is balanced.

(b) Circle-sit Challenge—holding the rope tight everyone squats down and all together gets up.

(c) One person impact—have everyone balance like in (a) and ask for a volunteer. Instruct that person to try to get the group off balance. Discuss what happened? What does it tell us about the impact of one person (for good or bad)?

Warm-Up/Trust: Circle in a Circle

Begin with the whole team in a circle, holding hands. Insert the small webbing tied in a hoop into the circle and reconnect the hands through the middle of the hoop. The group must pass the rope hoop from one person to another without letting go of hands. Have the whole team pass through the hoop one individual at a time. Time it for speed. Repeat and see how fast the hoop can go through the whole circle.



Icebreaker: Everyone is It

Establish boundaries if in large area. When someone is tagged, they must go down on their knees (or sit down), and become frozen. Play until everyone's gotten tagged. If two people tag each other at the same time, or if there is an argument about who tagged who first, both are frozen.

Cooperative Activity: Speed Rabbit

Students are in a circle. Person in the middle randomly points to a person standing in the circle and says the name of an animal below. The person chosen and the persons on either side must quickly make the motions of that animal within 5 seconds from the time the person says the name of the animal. If one of the three fails to react or is wrong s/he replaces the person in the middle.

- RABBIT -person in the middle puts arms over their head to make high ears; people on either side bounce their outer leg up and down.
- ELEPHANT -side people make big ears, middle person makes a trunk by pinching nose with one hand and putting arm through.
- COW -person in middle locks fingers/hands together with thumbs down; people on either side "milk" the thumbs of the person in the center on each side.

Group Challenge: Human Knot

Have groups of 6 or 8 individuals get in a circle and have everyone reach with their right hand across to another person and hold hands. Then have them do the same with their left hand (must be a different person). The challenge is to untie the knot without letting go of their hands (can pivot, still grasping so as not to hurt a wrist). It can end in one large circle or 2 small circles. If one group accomplishes first, have them try it again, this time closing their eyes while the hands are being connected.

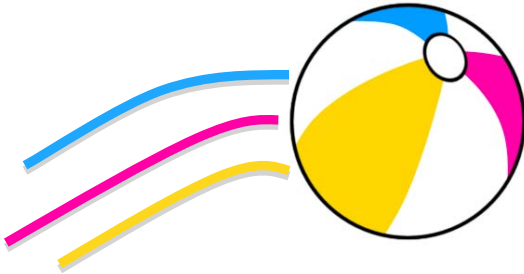
Group Initiative: Moon Ball

Materials: Beach balls or balloons

Have the group keep the ball from hitting the ground while counting the number of hits. Once it has hit the ground, start over and set a goal to surpass the last number.

General rules include:

- Each person must touch the Moon Ball at least once.
- No one can touch it two



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Name Game: Group Juggle

In a circle, have everyone introduce themselves (first names only).

Choose someone across the circle and say their name, then throw them the ball. They choose someone else, say their name, and then throw the ball.

When everyone has gotten the ball, throw it back to the leader.

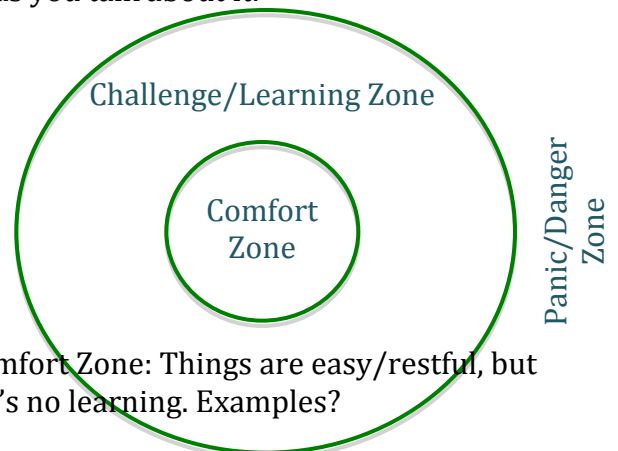
*Remember who you throw it to and who you get it from.

Keep the ball going in the same order, adding more balls for a challenge.

E

Preparation: Comfort-Learning Zones

Use two ropes as a visual by stepping into each zone as you talk about it.



∅ Comfort Zone: Things are easy/restful, but there's no learning. Examples?

∅ Challenge/Learning Zone: We learn best when we do something new or challenging. Examples?

-Review-

∅ Panic/Danger Zone: When we don't feel safe, no learning takes place.

C

Processing (Discussion for Learning)

NOTES:

1. What? Ask question about what happened (reflect or relive through discussion what happened...)

2. So What? Ask questions about how that relates to real life... *Trust activities:* Why is safety important in school? How did we make each other feel safe here? *Challenge activities:* What things that we did to accomplish this is important for us in school?

3. Now What? Is there anything we learned from doing this activity (or today) that we can continue to help us get the most out of school?

H

Five Finger Contract

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