

Module 9 v Activity 28 v COOPERATION

Activity: Throw Away Your Troubles

Materials Needed: Paper, pencils, empty boxes or containers

Directions: Announce that participants will now have a chance to “throw away” their problems. Have each person think of a question, problem, or concern about the topic being addressed. (If a participant cannot think of a relevant item, any problem is okay). After participants write out their anonymous particular problems, ask them to crumple up the papers and throw them in a container (a box or receptacle that will be placed in the center of the room). For larger groups, have several containers around the room. Be sure not to use regular wastebaskets unless they are empty!

After all papers are in the receptacles, ask any person to pick out a crumpled paper and toss it to anyone in the room. Whoever catches it opens the paper and reads the problem aloud. A three-person team is formed (the receiver and one person on each side). The team is given a “30-second timeout” to discuss possible solutions or answers. During this time, the rest of the group is asked to jot down two or three answers or responses.

The team gives its responses, followed by others in the group who can assist. Repeat the process as time permits.