

Children's Connection Curriculum

Session Topic: Social Skills/Interactions – Peer/Peer (Cup Stack)

Developmental Level: Middle School

Purpose: To work together to accomplish a difficult task without quitting or giving up when someone gets frustrated.

Materials Needed: Scissors, 10 paper cups for each group, One rubber band (must fit around each cup when stretched) for each group, 6 pieces of string (two to three feet long each) for each group

Description of Session:

Prior to the activity, tie each piece of string to a rubber band as evenly spaced as possible so you finish with a rubber band with six pieces of string attached to it. (It should look like a sun with six sun rays going out in all directions). Make one of these for each group, as described below.

Divide your group into smaller groups of six (or as close to this as possible). Give each group a stack of ten paper cups and one of the rubber band/string implements that you have prepared. Place the paper cups on the table, spread out and upside down.

Challenge the group to build a pyramid out of the paper cups (four on the bottom, three on the next row, then two, and finally one on the top). Group members may not touch the cups with their hands or any part of their bodies, even if a cup falls to the floor.

Each person should hold on to one of the strings that are attached to the rubber band. The group then uses 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. If there are less than six people on any given team, some team members may have to hold more than one string.

Discussion Questions:

1. Was anyone frustrated at all during this activity? If so, how was it handled?
2. Why was teamwork so important for this activity?
3. Are you ever in a situation where you must use teamwork? Is this always easy for you? Why or why not?
4. What are some skills needed to be good at teamwork?
5. What is hard about teamwork?
6. What did you do today to contribute to the teamwork on your team?

Reference: 104 Activities That Build by Alanna Jones, p. 44-45