

CHALLENGE

A Herff Jones Impact Resource For Students

February, 2004

FEBRUARY CHALLENGE: Fun Winter Activities

Sometimes during the winter months, student activity programs need some new fun activities to spice things up. Try the following:



MARSHMALLOWS

For this activity the following items are needed: several eight foot ladders (or stairs where things can be dropped over the side), a couple of bags of marshmallows, some cups, cans of chocolate syrup, and a lot of large garbage bags (one for every person competing on the teams). Also extra garbage bags to cover the ground around the ladders will be needed and some wet cloths.

Form the group into teams and give each participant a garbage bag. Have them cut a hole in the bottom of the garbage bag and place it over their head to protect

their clothing. One person from each team will stand about ten feet away from the ladder holding a cup about 2/3 full of chocolate syrup. Another team member lies down in front of the ladder. In relay fashion, one by one, each person on the team takes a marshmallow, dips it into the chocolate syrup, runs to the ladder, climbs it, and attempts to drop the marshmallow into the mouth of the person lying down. This pattern continues until all of the team members, including the person holding the cup of chocolate have participated. Count the number of times that each team gets the marshmallow into the person's mouth. It is messy but fun.

EGGS CAN FLY

For this activity, use groups of 6-8 people. Give each group one egg, one lunch bag, four plastic straws, one napkin, two- eight inch pieces of string, 1 sandwich baggie, and three-ten inch strips of masking tape.

The object of the exercise is to design a package or device using only the materials given that would enable an egg to survive at least a two story fall. Choose a location with a window, top of stairs, bleachers, etc. for the drop

area with garbage bags for easy cleanup. Allow 8-10 minutes to design the package. This should be a time for discussion only. Talk over all of the design ideas that the group has with each other and discuss the advantages and disadvantages of each design. No construction can start during this time.

Now give everyone 10-15 minutes to construct the package. After the packages are complete, go to the "drop" spot and have each group, one by one, drop their package. One representative from each group should be chosen to make the drop. Encourage the groups to cheer and celebrate the other group's efforts. Open each package to see if it worked. Have a discussion about the designs that worked and those that didn't and why. Discuss the thinking behind each design. Ask the following questions of each group:

1. Did your design work?
2. Did everyone in the group agree with the design?

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3. What suggestions led to the final design?
4. Did your group succeed if the egg broke?
5. Was success the fact that you worked together as a team or that your egg didn't break?

With **EGGS CAN FLY**, a team can accomplish what many would consider impossible. Yes, eggs can fly safely in a landing from a great height!

Remember that working together is a success in itself. Your end result may not measure up to your hopes or expectations, but now the group could put together a new design based on the last experience. This is the process by which cars, planes, and other products are made. There may be hundreds of designs considered before the final one is chosen. Working together and listening to every idea can lead to the best plans. Success in student leadership comes from finding projects that are appealing and forming a team to work on the project and solve any problems.



GROUPS OF FIVE

This is an activity that illustrates what it is like to have difficulty being accepted by others. To have a positive student activity program everyone involved needs to feel accepted.

Have all of the students form groups of five. Once the groups have been formed, ask one student to step away from the group. Tell the other students to form a tightly knit group (linking arms, etc.) Explain to the person on the outside of the group that they must try to get into the group using any means that you can think of with the exception of punching, kicking, etc. Tell the four members of the group that their goal is to keep the person out of the group, ignoring them and what they do. Give them two minutes.

After this activity goes on for two minutes, say "Stop." Then say that this time the groups are to act more friendly, more accepting, and be receptive to the person's attempt to enter the group. Give them two minutes for the activity. After two minutes ask the following:

1. For those on the outside what method did you use to try to get into the group?
2. What worked the best?
3. When the others wouldn't let you in, how did that make you feel?
4. For those in the groups, how did you feel when you were actively trying to keep the outside person from getting into your group?

5. If you were on the outside, how did you feel when the group accepted you?
6. What did you learn from this experience?



"One important key to success is self-confidence. An important key to self-confidence is preparation."

- Arthur Ashe

"Show class, have pride, display character. If you do, winning takes care of itself."

-Bear Bryant



***Remember Valentines Day
February 14***

