

OUTSIDE THE BOX

WHAT TO SAY

When problem solving, it helps to begin with a quick calm (recall the acronym YES to help you remember to slow your breathing, relax your muscles and visualize a peaceful place).

Y= Your peaceful place

E= Ease your muscles

S= Slow your breathing

It's important to remember that your first solution may not always work so you have to work with your teammates to develop and attempt other solutions in order to complete the task.

Requires Resources? Yes
Grade Level: 3-5; 6-8; 9-12
Indoor/Outdoor: Indoor
Group Size: 4+

WHAT TO DO

- ▶ Create a square around a basket or open container using cones, rope, cones, flags, etc.
- ▶ Provide youth with four strings (approximately 4 inches in length), a cup and one rubber band.
- ▶ Have youth work together to get the ping pong ball into the container using the only the items provided. They must stand outside the square at all times.
- ▶ If the ball is dropped within the boundaries of the box, but not in the container, the youth must attempt the challenge again.
- ▶ Time frame can be 20 - 30 minutes to complete this task.

Variation: If you have more kids at your site, feel free to break them into teams. However, do ensure that there are at least four kids on each team.

WHAT TO ASK

- ▶ How did your team determine the best way to get the ball in the container?
- ▶ Was there a clear line of communication? Why or why not?
- ▶ How did you ensure that everyone was on the same page?
- ▶ Why was teamwork important in completing the task? How did it help your team problem solve?