

Rising Together

Step-by-Step Instructions:

1. Ask participants to sit on the ground, knees bent, feet on the ground, hands on their head.
2. Then ask participants to stand up while keeping their hands on their heads and absolutely not touching the ground with their hands and not moving their legs from the original position.
Note: it can't be done.
3. Divide group into pairs.
4. Instruct the pairs to sit on the ground facing each other, feet on the ground, and knees bent in front of them.
5. Have partners clasp hands.
6. Explain that the goal is to stand, while still holding hands.
7. Discuss how it worked with a partner but not alone.
8. Ask participants to break into groups of three or four and attempt again.
9. If you feel the group is able, try to complete the exercise with the entire group in a big circle.

Title: Rising Together

Group Size: 10 to 30+

Time Needed: 5 to 20 minutes
depending on group size and length of discussion

Goal: To facilitate group bonding, discuss the importance of groups and support systems, and talk about the meaning of healthy interdependence

Audience: Couples, Teens, Children, Singles

Special Considerations: Requires mobility and sitting on the ground, so this activity may not be appropriate for all groups. *Co-facilitators can enhance topic discussion by talking about how they rely on each other to put on a good class.*

Resources Needed:

✓ None

Tips for Discussion and Processing

This activity can lead to a great discussion on interdependence and how we need others to help us accomplish some tasks in life. It is also a great way to get people out of their seats when energy levels are low. It can also be used as an analogy when working with couples about how they need to work together to reach a goal.