



# Unwrapped

## Step-by-Step Instructions:

1. Break class up into teams of 5. If some teams only have 4 people, then one person will need to go twice.
2. Have each team line up or form a circle.
3. Give the first player on the team the pair of gloves and the pack of gum.
4. Explain to the group that when you say “go,” the first player on the team needs to put on the gloves, open the pack of gum, unwrap one piece and then proceed to chew the gum.
5. As soon as he or she has completed this, the participant should pass the gloves and gum to the next player on the team, who then repeats the whole process.
6. Play should continue until all team members are chewing gum.
7. The first team to have all members chewing gum, wins.

## Tips for Discussion and Processing

This activity works in most groups, but it seems to work especially well with adolescents. It can get very rowdy and loud. In addition to building group cohesion, you can use it to talk about having appropriate expectations with children and the elderly. The large gloves can be used to mimic the limited dexterity and fine motor skills of both populations.

**Group Size:** 11 to 25

**Time Needed:** 11 to 20 minutes

**Goal:** To encourage group cohesion

**Audience:** Couples, Teens, Parents, Children, Singles

**Special Considerations:** None

### Resources Needed:

- ✓ One pair of thick gardening gloves and one 5-stick pack of gum per team