



Respect Group Activity 3: Turn the Tides

Respect: Treat others the way you want to be treated.

- **BE ACCEPTING:** Support everyone's worth & dignity, regardless of background, abilities or beliefs.
- **BE CONSIDERATE:** Always be aware of & honor others' rights & feelings.
- **BE ATTENTIVE:** Be ready to learn from coaches, officials & other contestants.
- **BE ENCOURAGING:** Demonstrate concern for the growth & development of all others.
- **BE APPRECIATIVE:** Value the guidance of supportive adult & student leaders.

Problem Solving: Respect

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Summary: Group stands on a tarp and turns it over to stand on the other side without anyone stepping off.

Time: 15 minutes total

Brief the group: 2 minutes

Exercise: 10 minutes

Reflection: 3 minutes

Tarp Represents: The past, present, future of the team.

Directions:

- Present the tarp to the group and ask them to write their goals for the team in the future on one side.
- Once this is finished ask them to turn the tarp over and write down all the things they have not liked about the team in the past.
- When finished, have the group stand on the tarp.
- Must turn the tarp over and stand on the other side without stepping off.

Facilitator Notes:

- The tarp size is important for this activity. (Test activity with a facilitator group first so you know how many people you can get to fit.)
- Spot anyone who gets lifted off the ground; only permit piggyback style.
- Prepare for the activity in a wide open space away from any obstacles.
- Usually the group crowds into one half of the tarp and flips it over wave curl or bow tie style and then begins stepping over to the other side, before straightening up the rest of the vacated half.

Processing the Ideas:

- Discuss the importance of respect: treating others the way you want to be treated. How did this group do in demonstrating respect to all members of the team?
- How does this relate to a team setting? (Cooperation, trust, did abandoning the team occur?)
- How will RESPECT look on your team? Identify 3. Refer to Respect checklist.
- One team member writes and reports later.

