

The Grid -

A Group Goal Setting Classroom Activity

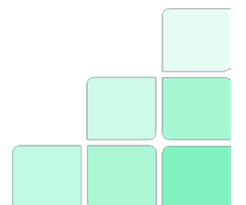
Path Across The Grid

Option 1: 8 x 9 Squares

<i>Team Starts Here</i>								
				X				
		X	X				X	
	X			X	X			X
		X	X					X
						X		X
X	X			X			X	X
X		X		X				
X			X					
	X							
<i>Team Complete When Everyone Arrives Here</i>								

Option 2: 8 x 8 Squares (for a faster activity)

<i>Team Starts Here</i>							
		X					
			X	X		X	
	X					X	X
X		X	X				X
X				X	X	X	X
X	X						
		X	X	X			
					X		
<i>Team Complete When Everyone Arrives Here</i>							



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Number of Participants: 10-25 Middle School or Senior School Students

Materials:

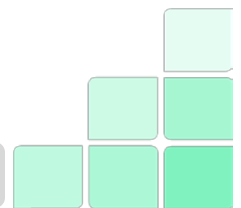
1. 4 rolls of masking tape.
2. A buzzer or bell
3. A copy of the grid

Part 1 Directions:

1. Hand the team 4 rolls of masking tape
2. Ask them to design a grid either 8 x 8 or 8 x 9 on the floor
3. The grid squares need to be large enough for the largest member of the team to step in

Part 2 Directions - When the grid is complete:

1. You are all on one team
2. Will you please stand together at the far end of the grid, but please do not stand on the grid
3. The objective of this activity is to get every member of the team to the other side of the grid
4. There is only one correct path across the grid and I am the only person who knows the path
5. If you step on an incorrect square, you will hear this sound (**buzzer**)
6. If you step on a correct square, you will hear this, **silence**
7. You may not talk during the activity
8. You may use body language and gestures, but you may **not** speak to one another
9. However, the team may cheer when you capture a square
10. If you step on a square and it's the wrong square, **everyone** must get off the grid and start over
11. Are there any questions? (***Answer all questions***)
12. You have 2 minutes to huddle and plan your strategy
13. Begin



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During the Activity:

1. If team members show exasperation, frustration or boredom during the activity. Some people may want to give up or quit. Some may blame team members for making a mistake, coach the team. Examples of coaching might be:
 - a. "Frustration happens on the way to achieve any goal"
 - b. "Sometimes we even want to quit. Quitters quit! Don't waste time, refocus on the goal and keep going"
 - c. "Blaming others takes time and energy, keep focused on the goal"
 - d. "Boredom happens on the way to your goals, don't get sucked in to boredom! Refocus on the goal and keep going"

Part 3 Approximately ½ way through the activity:

1. Inform the team that once a person crosses the grid, they may no longer help the team
2. They must sit quietly as an observer
3. Do you need a 1 minute huddle to strategize?
 - a. If 'yes', give the team a 1 minute talking huddle time

Debrief:

1. Have participants sit in a circle if possible so that everyone can see each other
2. Some questions you might ask:
 - a. What was your discovery or learning from this activity?
 - b. Did anyone get frustrated (angry, bored, sick of it, want to quit etc.)?
 - i. How did you deal with it?
(Remember frustrations will happen on the way to any of your long range goals)
3. How we manage our emotions, upset, frustration, anger etc. will make a difference as to how quickly and how well we achieve the goal or if we achieve it at all
 - a. What did you learn that you might apply to your life?
4. When participants return to their seats, ask them to storyboard 2 or 3 of their insights from the activity



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