

Fill Your Cup

Materials: Toothpicks and plastic/Styrofoam cups

Group Size: Partner activity

Time: 10 minutes plus debriefing



Directions:

1. To begin, give each partnership one cup.
2. Have each set of partners link arms and stand in a circle with entire group of students.
3. In the middle of the circle, have an empty cup and approximately 150 scattered toothpicks around the cup.
4. Let everyone know the goal is to “get ALL the objects inside your cup” (ALL requires eventual teamwork!)
5. Students may only pick up one object at a time (be vague, don’t say toothpicks, this lets them pick up their cups at a later time).
6. To curtail rough play, if a person holds your wrist, you and your partner can’t pick up objects, only release them.
7. Don’t answer questions, get them going quickly, and let the paradigm shift happen when they see they won’t be able to get all the tooth picks by competing.
8. Remember we are studying TEAMWORK!

Debrief:

- As a team, were you successful in reaching the goal? Why or why not?
- When did you realize the center cup was the TEAM cup or YOUR cup?
- Who were the vocal leaders? The watchers? The thinkers? The planners? Were there other roles?
- What does the center cup represent to our group? What is the goal we are ALL trying to reach together?
- How does working on filling “one cup” or living our mission as a group serve us better than competing for our own successes?

