

Headbands

Introduction: Students will acquire the knowledge, attitude and interpersonal skills to help them understand and respect themselves and others.

Time frame: 1 class period

Materials: Heavy paper, string and markers

Preparation: In advance you need to make headband from strips of heavy paper that can be worn over the forehead and tied around the back of the head with string. Write the following “roles” on the headbands using a marker.



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|-------------------------------|----------------------------------|
| 1. Laugh at what I say | 6. Turn your chairs away from me |
| 2. Treat me as a leader | 7. Don't Listen to me |
| 3. Show Disgust at what I say | 8. Seek my Advice |
| 4. Agree with my comments | 9. Be friendly to me |
| 5. Disagree with my comments | |

SEEK MY ADVICE

Directions:

1. Ask for nine volunteers to participate in a group activity. These nine students will be referred to as “players” and the remainder of the class will be referred to as “observers.” Observers do not speak during the activity; they observe what is happening in the players’ group and make notes regarding the questions assigned to them in the observers section below.
2. Hand each of the players a headband (facedown) to put on and instruct them not to look at the roles indicated on their headband.
3. Name a discussion topic such as “How to overcome apathy in our school” and indicate that they have ten minutes to come up with some solutions to the problem. Apathy is the lack of interest in or concern for thing that others find moving or exciting.
4. During the group activity, each player should react to the player who is currently speaking according to what is written on that player’s headband. For example: If John makes a comment and his headband reads “Laugh at what I say,” then the other in the group should laugh every time John says something.
5. After 10 minutes, have the activity end.

Observer Role

Instruct the observers that their job is to observe the players as they work. Ask them to try to keep their eyes on how the players' group functions and what each player does and says to help the group with its task. Divide the observers into nine groups and assign one of the questions below to each group of observers. Also ask the groups of observers to make a list of the player's names and to write down any individually directed positive feedback about the players that they may have. At the end of the task, ask each group to report on their assigned question and their feedback.

1. What was the atmosphere in which the group worked (joyful, frivolous, tense, excited)?
2. How did the group reach decisions?
3. How did the group handle conflict (humor, sarcasm, confronting, shouting, withdrawing)?
4. To what extent were the members of the group involved in the task? Were there any procedures that helped get people involved?
5. Did the group treat males and females differently? If so, how?
6. How did the group decide who would speak and when?
7. How well did the group members listen to each other?
8. Were there any leaders? How did they arise?
9. How did the group delegate responsibility?

Debrief:

- Did you figure out what your headband said? That is not the point of the exercise though.
- How did you feel when the other players treated you as they were indicated to do?
- How did you feel treating other players as you were instructed to do?
- DO we sometimes consciously or unconsciously treat other like we did here?
- What effect would it have on a person to always be ignored or agreed with or whatever?
- How should we respond to other when they are talking/
- What would be best for good communication skills
- Observers should report how the players reacted during the discussion, review both verbal and non verbal signals.