



River of Lava

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Identify problem: To give youth a purpose to work together and to look out for each other. Sometimes we are afraid to ask for help when we need it.

Materials Needed: Rocks or Logs of different sizes, at least enough for each person to choose one.

Exercise: Tell the group that they are stuck on an island and have to cross using only the rocks or logs provided. Make sure the distance is far enough that they will have to work together to accomplish the task. The rules can vary depending on how difficult you want the task to be. You can have no talking, they have to start over if they touch the “lava”, and everyone has to cross for them to be successful.

Discussion:

- What worked for you?
- What didn't work?
- Was this stressful to you?
- Did you ask for help?
- When is it okay to ask for help?
- What was the most important thing that helped you cross the river?
- Was it easier or harder when you couldn't talk?
- Did you get frustrated?
- Was it easier or harder when you worked together?
- How is this the same in real life?
- Why is it important to have a good “team”?
- Are there things that are easier to do with help?
- Who are some people who are on your team?
- Ask any other questions that apply.

Identify skills:

- Team building
- Problem Solving
- Asking for help

