

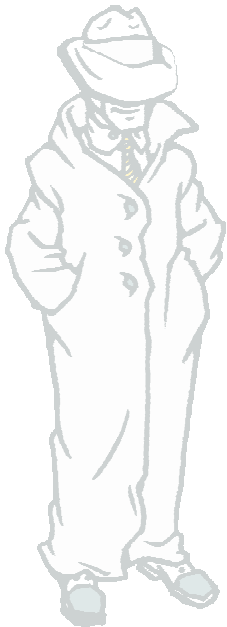
Sabotage

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Identify Problem: When we get frustrated sometime we tend to blame others for our problems. It's important to take responsibility and to protect what we believe is important, but it's important to do so while keeping your cool.

Materials: 1 or 2 boxes of blocks (Jenga blocks work great)

Exercise: Divide the group into 3 or 4 groups of at least 3 students per group. Each group receives the same amount of blocks and is instructed to build the tallest tower. Tell all the students to close their eyes while you walk around and tap one person on the shoulder from each group (this person is the Sabotage).



The Sabotage - The goal of the sabotage is to make sure their team does not succeed in building the tallest tower. However, they do not want the rest of the team to know that they are the Sabotage. (...accidentally cause the tower to fall, give bad ideas and nudge the table).

Accusations of sabotage will be made at almost every participant in the group, even when most are really trying to help.

Give the group up to 10 minutes to build the tallest tower (it will take up to 10 minutes because of how many times their tower is knocked down)

At the end of the 10 minutes measure to see which group has the tallest tower.

You can repeat and assign a new sabotage if there is time.

Questions and Discussion:

- Were you ever blamed for being the sabotage even if you were not?
- How did that make you feel if you were trying to help but your group thought you were trying to sabotage?
- Do you think we often times get upset at people even when they are trying to help us? Examples.
- How can we convince someone who needs assistance that we are there to help?

Identify Skills: Accepting help.
Working as a group.

Source: Mike Cottam