



PAPER HOLD Students learn how to TRUST one another as well as support one another to accomplish a goal.



Pieces of paper (at least 1 sheet of paper for every students)
Total Prep Time: 5 mins.



As this is the first Monday of the month, please consider sharing or re-sharing the Monthly Kick-Off activity and/or monthly video at this link: <https://everymondaymatters.org/blog/>

***TRUST is an incredibly important concept to how we believe in ourselves, interact with others, and become part of our community. TRUST can also be a scary word. Please keep in mind your students who may be sensitive to this activity.

4 C's	SOCIAL & EMOTIONAL LEARNING	SERVICE LEARNING
• Critical thinking	• Self-awareness	• Integrated learning
• Communication	• Self-management	• High quality service
• Collaboration	• Social-awareness	• Collaboration
• Creativity	• Relationship skills	• Student voice
	• Responsible decision-making	• Civic responsibility
		• Reflection
		• Evaluation

GOALS FOR THE WEEK

- **DISCOVER** how when we are able to TRUST, we are able to live a richer life.
- **UNDERSTAND** how when we TRUST we make ourselves vulnerable but also show an inner strength.
- **ENGAGE** and practice ways to TRUST so that we can create a LOVING community.



STUDENT ACTIVITY: **PAPER HOLD**

1) SHARE THE NAME OF THIS ACTIVITY WITH STUDENTS: PAPER HOLD

2) CONSIDER ASKING 1-3 QUESTIONS FROM THE LIST BELOW TO WARM STUDENTS UP ON THE ACTIVITY'S FOCUS:

***NOTE:** *Choose questions appropriate to your students' ages, grades, ability levels, and classroom goals. Students may share their answers in pairs, small groups, or as a large group.*

- **What does TRUST look like in a group?**
- **What are some examples of groups where everyone in the group really needs to TRUST the other?**
***Examples: school staff, program staff, firefighters, members of a sports team, restaurant staff, etc.
- **Why is TRUST so important when in a group?**
- **How does being part of a group and TRUSTING those in the group show that WE MATTER?**

3) SET UP "PAPER HOLD" ACTIVITY:

(MODIFIED FROM PLAYMEO.COM: [HTTPS://BIT.LY/36E9XB3](https://bit.ly/36E9XB3))

- **Explain:**
 - We have a natural tendency to TRUST our community.
 - When we walk down the sidewalk or drive down the street, we TRUST that others will obey the rules, and everyone will be safe.
 - When we work with others in a group, we hope that they have TRUST in us to accomplish the task.
 - We TRUST doctors and nurses when we are sick or injured.
 - We TRUST our teammates in a game or competition.
 - We TRUST our classmates at school on the playground and in the classroom.
- **Ask:**
 - **How can being TRUSTFUL in a group help accomplish a goal and create a more LOVING and caring community?**

4) START THE "PAPER HOLD " ACTIVITY:

- **Explain:**
 - Building TRUST within a group can be difficult.
 - However, Greek philosopher, Aristotle said, "The whole is greater than the sum of its parts."
- **Ask:**
 - What do you think Aristotle meant by this?
 - When individuals are connected to one another, they are greater and stronger as a group than by themselves.
 - When we work together, the work gets easier than doing something by ourselves.
 - Today, we're going to play a game in which we will need **to** communicate and TRUST one another.
 - We'll start out in small groups for the activity.
 - But then we'll see if we can accomplish the same task with everyone.
 - ACTIVITY DESCRIPTION: <https://bit.ly/36e9XB3> (modified from playmeo.com)
 - Activity Goal: Each person in the group will hold one sheet of paper vertically between the palms of one of their hands. Eventually, each group will be in a circle with their palms vertically holding one sheet of paper between one another.
 - 1) Divide students into groups with 4-5 students in each group.
 - 2) Pass out the appropriate number of sheets of paper.(Example: 4 students, 4 sheets of paper.)
 - 3) Provide time for groups to create a plan and try out their strategy.
- **Paper Holding Rules:**
 - Only one sheet of paper can be held between any two people;
 - No adhesives can be used;

-
- Folding the paper is not permitted;
 - Each sheet of paper must be in contact with both team members; and
 - No two sheets of paper can be touching.
 - **Begin the activity.**
 - Try the activity using all of your students in one large group.
 - **Once groups are able to successfully try the activity, prepare for reflection.**

5) AFTER THE ACTIVITY, CONSIDER ASKING 1-3 OF THE FOLLOWING QUESTIONS TO HELP STUDENTS REFLECT ON WHAT THEY'VE ACCOMPLISHED AND HOW THEY CAN TAKE THIS FORWARD:

***NOTE:** *Choose questions appropriate to your students' ages, grades, ability levels, and classroom goals. Students may share their answers in pairs, small groups, or as a large group.*

- **What did you think about the activity?**
 - **How did TRUST play a part of the activity?**
 - **Why is important to TRUST when doing an activity in a group?**
 - **When doubt starts to creep in, how can rebuild and instill TRUST?**
 - **How might TRUST help connect us to understanding how WE MATTER?**
- 6) THANK STUDENTS FOR TRUSTING THE ACTIVITY AND TRUSTING EACH OTHER. REMIND STUDENTS THAT ITS JUST AS IMPORTANT TO TRUST YOURSELF AND OTHERS WHEN ACCOMPLISHING A TASK IN A GROUP.**
- 7) LATER, CHECK IN WITH STUDENTS TO SEE IF THEY HAD ANY OPPORTUNITIES TO TRUST A GROUP TO ACCOMPLISH A TASK.**
- 8) CONSIDER CONTINUING TO EXPLORE "TRUST" BY LEADING ONE OR MORE OF THE EXTENSION ACTIVITIES.**



EXTENSION IDEAS:

TRY OUT THIS EXTENSION IDEA TO CONTINUE TRUST

1) **Helium:** Resources needed: hula hoops or a long pole

* The goal is for students to lower the hula hoop or pole to the ground without dropping it or losing contact with it. It can be challenging, and the group will need to come up with a strategy to make it work.

If using a hula hoop,

Place the hula hoop on the ground. Have students make a circle around the hula hoop with one shoulder toward the hula hoop facing the back of the student in front of them. Instruct students hold out their arm that is toward the hula hoop, make fists and extend only their index fingers. Gently place the hula-hoop onto their extended fingers, making sure everyone is included. The hula-hoop is RESTING on the extended fingers. Fingers CANNOT hold the hula- hoop.

If using a long pole, the concept is the same.

Place the long pole on the ground. Have students line up perpendicular on each side of the pole. Instruct students hold out their arm that is toward the long pole, make fists and extend only their index fingers. Gently place the long pole onto their extended fingers, making sure everyone is included. The long pole is RESTING on the extended fingers. Fingers CANNOT grip the long pole.

**“TRUST IS LETTING GO OF ALL OF NEEDING
TO KNOW ALL OF THE DETAILS BEFORE
YOU OPEN YOUR HEART.”**
- ANONYMOUS



© copyright playmeo.com

Paper Holding

At A Glance

Dynamic team-building exercise, ideal for small groups.

Benefits

Innovative challenge

Fosters cooperation

Inspires creativity

Very playful & fun

Time 5 - 10 min

Props

Sheets of paper

People Mini 1 - 7

Step-by-Step Instructions

1. Form into teams of three to five people.
2. By way of demonstration, ask two people from a team to volunteer and hold one sheet of paper between the palms of one of their hands.
3. Each team is challenged to assist two of their group members to hold as many pieces of paper off the ground by using only their bodies.
4. To guide fair play, announce that:
 - Only one sheet of paper can be affixed between any two body parts;
 - No adhesives can be used to hold paper to one's body;
 - Folding the paper is not permitted;
 - Each sheet of paper must be in contact with both team members; and
 - No two sheets of paper can be touching.
5. Distribute sheets of paper to each team and announce "GO."
6. Allow up to 10 minutes and survey the results.

Popular Variations

Trio Challenge: As above, involving three people collaborating on the same task.

Partnership Challenge: As above, but in teams of only two people. This means, the pair need to work out how to distribute the sheets of paper and keep a hold of the paper they are already pressed against. Very difficult, but very fun.

Speed Round: Allow only two minutes to solve the problem.

Alternative Media: Use smaller pieces of paper, or fabric, indeed, any material.

Take a look at Paper Tower and Air-Powered Vehicle to explore two more paper-infused team challenges.

© copyright playmeo.com - world's largest online database of group games & activities