

PROGRESSING ONTO THE **NEXT** LEVEL



Tools needed: Poles

Suggested group size: 6 People

Instructions:

1. Guide participants to form small groups (of 6 members each).
2. Provide each group with a pole.
3. Standing 3 on each side and kneeling down, participants are to put one finger below the horizontal pole to support it.
4. Each group will try to lift the pole together to a certain height.
5. The catch is - at each point in time, everyone's fingers have to be in contact with the pole.

Guiding Points:

In order to always be in contact with the pole while lifting it up, everyone has to move at the same speed. Progress is determined by the speed of the slowest person.

Participants will learn that coordination and communication is a very important skill.

Not everyone progresses at the same speed, and thus there are times where slowing down is necessary in order to achieve the end goal.

In therapy, progress is dependent on the speed of the client, and thus accommodation is key.

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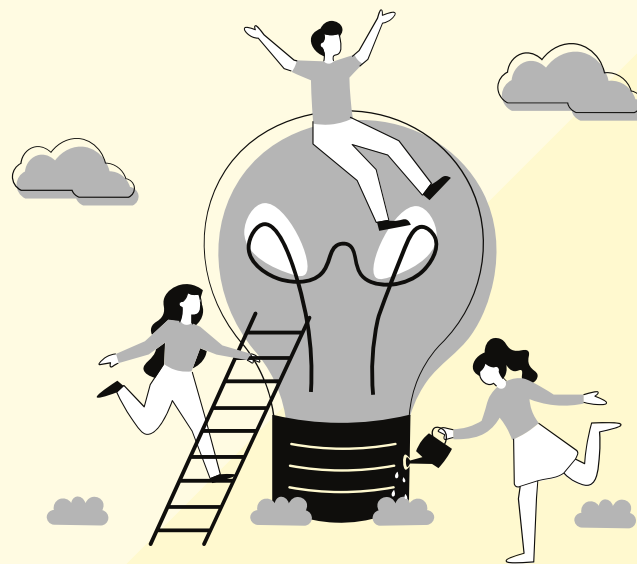
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Prompting Questions:

What was the most difficult aspect of this exercise? How did your team go about overcoming that challenge?

Suppose this exercise was carried out without communicating with each other. How would that have affected your progress as a team?

How can we relate this exercise to the experiences in our life?



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