

## **Chemical Spill (maximum time - 25 minutes)**

Supplies needed Tape or Chalk, two buckets, water, various sized bungee cords, and two bandanas.

Set up: Tape or chalk two large circles approximately 10 paces apart. Place one bucket in the center of each circle, one bucket should be filled about halfway with water.

Instructions: “Inside a radioactive zone (a circle with a four-foot radius) sits a container of excess radioactive material looking suspiciously like a bucket half filled with water. The radioactive material must be neutralized within a given period of time or the resulting meltdown could produce an ecological disaster.”

“In another containment area nearby sits the neutralization receptacle. The device for moving the radioactive container was built by the lowest bidder, therefore, it has to be assembled by the team before it can be used. The only way to neutralize the radioactive material in the container is to construct the device and use it to move the can and pour the material into the neutralization receptacle. It is up to the team to figure out how to assemble the transportation device.” After clarifying questions are answered, hand the team the bungee cords and let them go to work.

Other Rules. People who step inside the circle or touch the material (water) or the bucket will be incapacitated due to radiation exposure (blindness, muteness, loss of an arm or leg). Everyone must help operate the device or it will not work properly. Spilling any of the radioactive material will result in dire consequences for the entire group. The neutralization receptacle cannot be moved, and use only the materials provided. Two of the participants will be blindfolded.

Processing Questions:

Did the team jump right into the task without considering different approaches?

Did the team check out the route from one can to another?

What adjustments were made as the team tried to complete this task?

Were all resources provided used effectively?

Did everyone understand and support the plan?

Did everyone participate?

How does this experience relate to everyday life in fraternity chapters?

## **Yurt Circle (maximum time 15 minutes)**

Supplies needed: none

Instructions: The group forms a circle facing each other and counts off by two. You must have an even number of participants for this exercise. Individuals with shoulder and/or arm problems should not participate in this exercise for their own safety. Members grasp hands in the circle. Make sure that height and weight of participants is evenly distributed around the circle.

Instruct the group to simultaneously lean in the opposite direction while supporting each other.

This means that the 1 lean forward and the 2's lean backward. Lean gradually, not all at once.

Do it again. Change directions. Do it with eyes closed.

Variations: Do it silently. Face outward and work through the process.

Processing Questions.

Was anyone tentative at the beginning of the exercise?

Was anyone nervous closing his/her eyes?

How did it feel to be reliant on others for support?

How is this exercise representative of how our Greek community works? Our chapters?

How can we develop more trust among our members and groups?

How important is the support you give to others?

## **Jump Rope Run (maximum time 15 minutes)**

Supplies needed: none

Instructions: The goal of this exercise is to have all participants jump in succession over the jump rope each time it hits the ground. Two facilitators rotate the jump rope and once the first person has jumped, at least one person must jump over the rope every time it hits the ground. If the rope does hit the ground without someone jumping over it or if the rope hits someone, the entire group must start over. Participants can jump only once.

Processing Questions:

How did you accomplish your goal?

How easy or difficult was it?

What were some of the difficulties? 'What role did encouragement play in this activity?

For those at the end of the line, how did you feel when someone was successful?

For those who had already jumped, how did you feel when someone was not successful?

How can this situation apply to our fraternities and sororities?