

PAPER CLIP GOALS LESSON PLAN

Objective: Students will explain the importance of setting realistic goals.

Group Size: Any (Round 1 is completed individually; Round 2 is completed in small groups)

Time Frame: 15-20 minutes

Materials: Paper Clips (or any other small item than can be tossed – could even be paper)
Small cups (one per person; one cup should be smaller than the others)

Note: If students will be tossing paper, use small paper sacks instead of cups)

Activity: Complete the following steps in this activity:

1. Ask students to identify how many paper clips they think they can toss into a cup in 30 seconds. Do not give them any additional information. You can write their estimates on the board or have them write their estimates on a piece of paper at their desks.
2. Distribute one cup and a handful of paper clips to each student.
3. Explain the activity rules:
 - a. The cup must be placed on the floor.
 - b. Paper clips must be tossed individually.
 - c. If the cup is knocked over, it cannot be picked up.
4. **Round 1**
 - a. Instruct students to begin tossing paper clips into their cup.
 - b. After 30 seconds, instruct all students to stop tossing paper clips and count the number of clips that landed in the cup.
 - c. Debriefing:
 - i. Did you meet your goal? If not, why?
 - ii. Was it difficult to set your goal when you did not know what to expect (i.e., you did not know how many paper clips you would receive and did not know the rules)?

5. **Round 2**

- a. Group students into small teams of three or four individuals.
- b. Ask students to set a goal of how many paper clips they will be able to toss into one cup as a **TEAM** in **30** seconds. Record group goals on the board.
- c. Distribute the paper clips to each group. Distribute the cups as follows:
 - i. Group 1: Smaller cup
 - ii. Group 2: Regular sized cup, taped to floor
 - iii. Group 3: Regular sized cup, placed close to group members
 - iv. Group 4: Regular sized cup, placed far from group members
 - v. Additional Groups: Regular sized cup
- d. Instruct students to begin tossing paper clips into their cup.
- e. After 30 seconds, instruct all students to stop tossing paper clips and count the number of clips that landed in the cup.
- f. Debriefing:
 - i. Did you reach your goal? If not, why not?
 - ii. Did you set your goal higher or more conservatively in the team than you did individually? Why?
 - iii. What impact did your cup have on your ability to reach your goal?
 - iv. How were you influenced by other's goals?
 - v. Were you distracted by the group? Were you motivated by the group?

PASS THE MOUSE TRAP LESSON PLAN

Objective: To reinforce the significance of each team member's actions.

Group Size: Groups of 6-8

Time Frame: 20-30 Minutes

Materials: Mousetraps (1 per team)
Pool Noodles, cut in half (4 halves per team)

Activity: Complete the following steps in this activity:

1. Divide students into teams of 6-8 members.
2. Explain the rules of the activity:
 - a. Teams must use the pool noodles to pass the set mouse trap to each member of the team and then back again to the first team member.
 - b. Since there are not enough pool noodles for each team member, the teams must figure out how to ensure that each member has a noodle when it is his/her turn to receive the mouse trap.
 - c. If the mouse trap springs or falls to the floor, the team must start over from the beginning.
3. Instruct team members to line up single file.
4. Give each team 4 pool noodle halves and 1 set mousetrap.
5. Instruct the teams to begin – remind them that they must get the mouse trap from the beginning of the line to the end and then back again to the beginning to complete the activity.

Variations: *Set a specific amount of time for the activity.
Only allow team members to use one hand.*

Debriefing: Discuss the following items:

1. How long did it take for you team to complete the activity?
2. What obstacles did your team face?
3. How did your team overcome those obstacles?
4. What would have happened if every team member had not participated to the fullest?

ODDS AND ENDS LESSON PLAN

Objective: In this lesson, participants will recognize that past experiences and backgrounds can influence decisions.

Group Size: Any

Time Frame: 10-15 Minutes

Materials: Basket or Bucket
Variety of Small Objects (paper clips, marker, spool of thread, etc.)

Activity: Complete the following steps in this activity:

1. Put all items in the basket.
2. Pass the basket around the room and instruct participants to choose one object.
3. Ask each participant to describe the object and why he/she selected it. For example, "I chose the spool of thread because I like to sew."

Debriefing: Discuss the following items:

1. If you could bring your own item to share with the class, what would you bring? Why?
2. Explain to the participants that they chose a particular object because of some association they have with it.
3. How can previous experiences influence the decisions we make?

FOILING DISRESPECT LESSON PLAN

Objective: To promote awareness of the effect that disrespectful comments have on others.

Group Size: Any; Class Demonstration

Time Frame: 5-10 Minutes

Materials: Aluminum Foil

Activity: Complete the following steps in this activity:

1. Show students the aluminum foil and note that it is smooth and unwrinkled.
2. Explain to students that every time a hurtful comment is made, it causes someone's feelings to be hurt.
3. Demonstrate this by crumpling the foil into a tight ball.
4. Ask one student to smooth the foil out, and restore it back to its original smooth appearance.
5. Have students notice that even though the foil is smoothed back out, it still has signs that it was once crumpled up. It can no longer go back to a completely smooth surface.

Debriefing: Discuss the following items:

1. How can you relate disrespecting others to this lesson?
2. How do you feel when your feelings have been hurt?
3. How do you react when someone hurts your feelings?