

SERVING OTHERS

Objectives

As a result of participating in this session, participants will be able to:

1. Appreciate the importance of doing more than a fair share
2. Recognize the need for group members to complete routine and unexciting tasks
3. Behave in ways that benefit group members

Theme

Service is the act of helping or doing work on behalf of another or for the benefit of the group. Although doing what is required may not be particularly exciting or glamorous, serving others can provide an opportunity for group members to use their strengths in way that enables the team to achieve their goals.

Equipment

- ✓ ASCEND Traverse Set
- ✓ Throwable

Key Considerations

Serving others is neither equivalent to being a servant nor being taken advantage of. Ideally when one person serves others, everyone achieves more.

Balancing and traversing activities and wobbling and shifting activities require careful attention to safety. Follow the safety instructions provided for activities with these dynamics (p. 32-33) in the Adventure Program Leader's Manual. **Review these rules with the group.**

Warm up Activity

▲ **Needle & Thread Tag** (*Quicksilver*, p. 126)

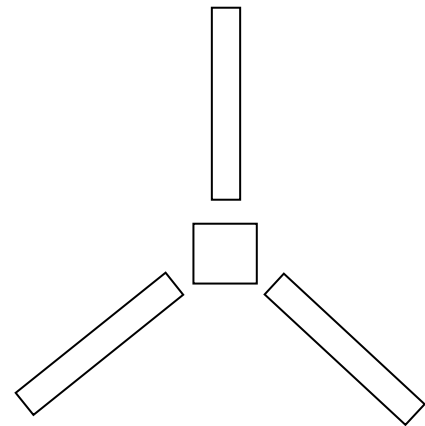
Play in two groups if there are more than 20 participants.

Initiative

▲ Do I go? (*Quicksilver*, p. 178)

Set up the ASCEND traverse kit in a windmill pattern with the 4 x 4s resting in the square cut outs. Place a box flat side up in the centre of the windmill. Place the remaining boxes flat side down in the centre of each rail to provide additional support. Use the rails and the centre platform as the safe zones where participants may stand.

This activity works best with a group of nine to twelve participants. If you have a larger group, divide into two equal grouplets and run the activity twice (engaging the non-active grouplet in another activity during their downtime).



Create consequences for stepping off that encourage group members to serve others. Some suggestions are: re-starting the activity, giving a blindfold to the group for each touch, or giving two items for a participant to hold (one in each hand) for each touch.

Reflection

▲ It's Bean Great Hearing from You (*Diversity in Action*, p. 306)

Use a throwable for this activity.

Rather asking participants to share what they need from the group, have participants recognize the service they saw others offering to individuals or the group during Do I go?

Notes