

ACHIEVEMENT

Objectives

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

1. Identify personal and group achievements
2. Take a step-wise approach to achieving goals
3. Use trial-and-error as a problem-solving strategy

Theme

When achievement is viewed as a process rather than a product, it is easier to appreciate the role that strategy, effort, and persistence play in achieving success. Understanding that achievement builds confidence thereby increasing motivation and leading to more achievement, can help group members and facilitators devise strategies for tackling difficult problems.

Equipment

- ✓ Swamp Boards (one foot of board per person)
- ✓ 2 Boundary lines
- ✓ Blindfolds (as needed)

Key Considerations

Success and challenge are equally important in these activities. Ask some pointed questions if group members are getting frustrated but don't give away any solutions.

Warm up Activities

▲ Hello (*The Empty Bag*, p. 27)

It makes sense to play Hello using names when people are still unfamiliar with each other, as may be the case in early phases of the program. In later stages, vary the information group members need to learn about each other as suggested.

▲ Leadership Mirroring (*The Empty Bag*, p. 54)

Initiative

▲ Leaning Tower of Feetza (*The Empty Bag*, p. 114, #13)

The Leaning Tower of Feetza initiative is a variation on fist stacking. The goal is for the group to stack their feet as high as possible. Group members are allowed to leave the ground if they have spotters. Splitting larger groups into two smaller ones injects an element of competition that is motivating – especially if the competition takes a more positive “can you top this” approach rather than a negative “we stacked 12 feet, you suck” attitude.

▲ Islands (*Affordable Portables*, p. 57)

Use Swamp Boards rather than pieces of plywood for this initiative to add a puzzle-like problem-solving aspect. Providing one foot of board per person means that a group of 12 might receive one two-foot section (2 feet), one four-foot section (4 feet), and two three-foot sections (6 feet) for a total of 12 feet. Providing a greater number of smaller sections make the activity easier so set the challenge level accordingly. Position the boundary lines so that the group must move each board section once. Remind the group that although the volcano may erupt in five minutes, if they are on the rafts they are safe. This is not a timed event.

Reflection

▲ Snapshot (*Exploring Islands of Healing*, p. 270)

Encourage group members to close their eyes as they reflect on the activity then to open them at shutter-like speed to share a picture with the group. Questions for the group to consider include:

- How would people describe your planning process?
- What did your progress to the neighbouring island look like?
- What did you see when you knew the group would be successful?

If you have a digital camera, having a co-facilitator take pictures which are shared with the group immediately after they complete the activity can be a very powerful way to capture key moments and show the group what it took to be successful.

Notes