

## FOOTBRIDGE

**Items Needed:** 10 flat boards or pieces of cardboard (about 1" x 1" or a bit larger)

Explain to the group that they will have to get their teams from one end of the room to the other. They can only use the boards given to them to cross the room. Members of the teams may not touch the floor at anytime while trying to cross, but team people may step on the boards. Once a board has been put on the floor it may not be moved (unless the group decides to start over by picking up all the boards). Once someone steps on a board, that person may move forward but never backwards.

Divide the group in half and give each small group five boards (or enough boards to get only half way across the room but no further when laying them down and stepping on them to make a "bridge"). Put the groups on the opposite sides of the room. Tell them to come up with a plan that will get their small group across the room while observing all the rules.

At this point, both groups will try to get across, but they shouldn't be able to because they don't have enough boards to make a bridge. Hopefully, someone should figure out that the two teams must meet in the middle and help each other to create one large bridge. Because they cannot go backwards, there will be some teamwork needed to get around each other in the middle when the team members are going in opposite directions. The fewer hints you give them, the better; and the further apart the teams are, the more effective the game!

### DISCUSSION IDEAS:

1. How did you finally decide how to make this activity successful?
2. What did each group have to do to make this activity successful?
3. How did you feel when you had to cross paths with the members of the other team in the middle of the bridge?
4. In your life, are there times when you must rely on others in order to be successful at something? When? How do you handle it?
5. Do you find it difficult to ask others for help? Why?
6. When are some times you should ask others for help? Do you?

