

High School Sample Sequence

The sequence below contains activities that have been found to work well with high school age students. Not all activities will work well with all students and the facilitator's experience/skill level is often a factor in the success of an activity. A skilled facilitator will proceed at a pace appropriate for the particular group (see GRABBS). During the early stages of this sequence two to four of the activities may be done in a class period. Later on as the group moves into trust and group problem-solving they may be able to complete just one or two activities per period.

ACTIVITY TYPE	ACTIVITY	SOURCE	EQUIPMENT
Warm-Up	Desk Moving		Desks and Chairs
Warm-Up	Name Tag	JTTCC (pg. 39)	Stopwatch
Ground Rules	Class generated behavior contract or Five Finger Contract	JTTCC (pg. 82)	Balloons or butcher paper or whiteboard
Attention Getter	Circle - up	SSD LC webpage	None
Warm-Up	Growth Circles	JTTCC (pg. 82) and SSD LC webpage	Growth Circles
Warm-Up	I Like Someone Who...	SSD LC webpage	Poly Spots
Deinhibitizer	Speed Rabbit	JTTCC (pg. 59)	None
Deinhibitizer/Trust	Morphing	JTTCC (pg. 56)	None
Game	Everybody's It	SSD LC webpage	None
Cooperation/Trust	Everybody Up	JTTCC (pg. 105/108)	Small Web Loops
Warm-Up	Wizards and Gelpplings	AIP (pg. 69)	Foam Tagger(s)
Deinhibitizer	Screaming Toes	JTTCC (pg. 57)	None
Trust	Growth Circles	See above	Growth Circles
Cooperation/Trust	Yurt Circle	JTTCC (pg. 105/108)	Web Loop
Trust	High Risk, Low Risk	JTTCC (pg. 119)	Risk Cards
Trust	Amoeba	SSD LC webpage	Webbing or Rope
Trust	Sherpa Walk	JTTCC (pg. 111)	None
Trust	Integrity Ball	JTTCC (pg. 123)	Koosh Ball
Trust	Zip, Zap, Pop	JTTCC (pg. 125)	None
Deinhibitizer	People to People	JTTCC (pg. 67)	None
Group Problem Solving	Islands	SSD LC webpage	Islands Loops or Spots
Group Problem Solving	Turn Over a New Leaf	JTTCC (pg. 167) and SSD LC webpage	Small Tarps
Game	Heads Tails Tag	SSD LC webpage	None
Group Problem Solving	Crossover/ Don't Touch Me	BORC (pg. 32)/ JTTCC (pg. 125)	Big and small web loops
Group Problem Solving	Marble Tracks	SSD LC webpage	Marble Tracks and Marbles
Group Problem Solving	Warp Speed	JTTCC (pg. 160)	Three Koosh Balls
Group Problem Solving	All Aboard	JTTCC (pg. 166)	Tarp
Group Problem Solving	Hidden Polygon	JTTCC (pg. 177)	Large web loop
Group Problem Solving	Spider's Web		Spider's Web
Group Problem Solving	Balloon Trollies	SSD LC webpage	Balloons
Group Problem Solving	Geo Dome		Geo Dome
Group Problem Solving	Giant Lizard Egg	SSD LC webpage	Rope and webbing pieces of varying length, bowling ball

JTTCC – *Journey Toward the Caring Classroom*

AIP – *Adventures in Peacemaking*

BORC – *The Book on Raccoon Circles*

SSD LC – Sequim School District Learning Communities webpage