



TENT POLE

Rationale: Interactive group challenge initiative that requires communication and emotional regulation

Materials:

- Light, flexible tent pole
1. Ask the group to divide in half and stand shoulder to shoulder facing each other with the facilitator standing at one end.
 2. Ask the group to hold both hands out, chest high, with first two fingers extended.
 3. Explain to the group that you are going to lay the tent pole down upon the tips of their fingers and that their job is simply to lower it to the ground. Tell them that their fingers **MUST** remain in touch with the tent pole at all times. If anyone's fingers lose contact, the facilitator will lift the tent pole and it must start over at chest high. Do **NOT** place the tent pole on their fingers yet.
 4. Let them know that they may not hook their fingers around the tent pole or use their other fingers to hold the tent pole in place. It must just rest upon their fingertips with no restraint.
 5. Ask them if they are ready and understand the challenge and parameters. If they affirm, place the tent pole on their fingertips. It will immediately begin to rise and people will lose contact.
 6. Lift the tent pole and ask them if they misunderstood the task. That the goal was to lower it to the ground and not lift it up in the air. Give them time to problem solve and try again.
 7. Success with this task has a very low probability. Expect accusations and frustration. After a few attempts, remove the pole and suggest we process what happened, what problems and emotions arose, and how did we handle it.

