

CUP STACK

Overview: Cooperative and problem-solving activities are a great way to teach students about leadership and teamwork. This activity helps students realize that we all have responsibilities for ourselves and our teams.

SD Mindsets & Behaviors for Student Success:

K-12 College, Career, and Life-Ready Competencies for Every Student:

- B-LS 2. Creative approach to learning, tasks, and problem solving
- B-SMS 6. Ability to identify and overcome barriers
- B-SS 6. Effective collaboration and cooperation skills

Estimated time: 10-15 minutes

Materials:

- Per group of 5 students:
 - 6 Cups
 - 5 Pieces of String
 - 1 Rubber band

Instructions:

1. It will be a time saver to have the materials put together before you do this activity. Tie five pieces of string around a rubber band. Repeat this for as many groups you plan to have do this activity.
2. Ask students what kinds of responsibilities they have in school and at home (examples: go to school, complete homework, clean bedroom, wash dishes, etc.).
3. Now ask students to think about the types of teams they participate in, whether it be for a sport, band, or other type of activity. Ask them to share some responsibilities they have with their team (examples: practice, give best effort, complete the role in which they've been assigned, etc.).
4. Break students up in groups of five. Before you distribute the materials, explain that their teams will have 10 minutes to build pyramids out of cups.
 - a. Here are the rules:
 - i. They can't use their hands to move cups.
 - ii. They may only use their string and rubber band to pick up and move cups.
 - iii. Everyone on the team must participate.
5. Set a timer and let the fun begin!
6. When time is up, bring the whole group back together for processing.

Processing/Application Questions:

- Was anyone frustrated during this activity? How was the frustration handled?
- What did you learn about yourself in this activity and the group you worked with?
- Why was teamwork so important?
- What other skills did your group have to use to complete this activity?
- What responsibilities did you take on to help your team build the pyramid?
- How does this activity relate to taking responsibility in school, at home, on a team?

Adapted from:

Cup Stacking Teamwork Activity (n.d.). Retrieved from: https://www.mostnetwork.org/wp-content/uploads/01_Activity_Cup-Stacking.pdf.

