



Growing Communities: Leadership Seeds of Success

Leadership SOS

Curriculum Area: Leadership

Life Skills: Goal Setting, Cooperation

Description of Activity: Balloons in the Air

Time Involved: 20 minutes

Supplies: Balloons - three balloons for each group of 7 to 10 people

Instructions:

1. Divide participants in groups of seven to 10 people.
2. Blow up three balloons for each group.
3. Have members in each group form a circle and lock arms together.
4. Have another person toss three balloons in the center of the group.
5. The group must keep the balloons in the air. They can use their head, knees, feet, or other parts of their body to keep the balloons in the air.
6. NOTE: The participants cannot unlock their arms during this process.

Reflecting using the Experiential Learning Model

1. Share: How hard was it to keep the balloon up in the air? Was it ever easy to keep the balloon up in the air? If yes, when?
2. Process: Is it easier to juggle your responsibilities by yourself or with the help of others?
3. Generalize: In juggling your responsibilities, do you ever feel like your hands are tied, like your arms were locked, and that makes it more difficult to succeed? Why do you think that is?
4. Apply: How can you as a 4-H Council member help each other and the 4-H Council be successful? How can you help other groups that you are involved with? How can you use this information within your 4-H club?

Source: Making the 4-H Connection Through Effective Team Building compiled by C. Douglas Crouse, Katie Daly Jones, Jordan Ashby, Kristen Cook, Extension Educators, 4-H & Youth Development, University of Delaware Cooperative Extension

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