

Fit in the Life Boat

Overview and purpose

The purpose of this activity is to have participants work as a team to achieve a common goal. Participants are challenged with the task of fitting all of their team members in a “lifeboat”. If successful, the lifeboat will gradually be made smaller until it is almost impossible for the group to fit. The group will discuss how they worked together and how each member contributed.

Participants

Staff, students, parents, community partners on a school health team

Time needed

20-25 minutes

Materials

- Masking tape
- Tarps, old blankets (or other material that can be folded into smaller sizes)

Leader preparation before the activity

- In a large room, use any of the suggested materials listed above (masking tape, tarps, etc.) to create a square shape on the floor. Create equal-sized squares for each team. These squares represent the lifeboats.

Instructions

A. Introduction (5 minutes)

1. Divide participants into teams with an equal number of members on each team. Assign one square (blanket/tarp, masking tape) to each team.
2. Inform participants that they are on a cruise ship that is about to sink. The squares are their life boats and each team must work together to get everyone to *Fit in the Life Boat*. Explain the following rules:
 - Participants may use any method to get all of the team members to fit in the lifeboat for at least 10 seconds
 - No body part can touch the area outside of the square for a count of 10 seconds
 - If a body part touches the ground outside the square within the 10 second count, the lifeboat sinks and that group is shark bait (out)

B. Activity (10 minutes)

1. Instruct all teams to fit in their lifeboat. If they are able to fit all team members in the lifeboat for 10 seconds (without a body part touching the ground outside the lifeboat), they may move on to step 2.
2. Gradually decrease the size of the square after each successful round of fitting all team members in the lifeboat. This can be done by moving masking tape lines closer or folding the tarps or old blankets into smaller squares. Continue making the squares smaller until there is only one team left in their lifeboat.
3. Have all the participants return as a larger group.

C. Group discussion (5-10 minutes)

1. Facilitate a discussion about working together to achieve a common goal (fitting the team in the lifeboat). The following questions can guide the conversation:

- Did you work together? How?
- Did everyone contribute?
- Did you all agree on the method?
- Are you happy with the results?
- What would you do different next time?
- How can we be sure that everyone's voice is heard as we move forward?

2. Summarize the key actions that were used and how the group might be able to use these in the future. These ideas could help to form some ground rules for your school health team to use on a regular basis.



Source

This resource was adapted from the Healthy Students Learn Better Health Champion Tool Binder, Alberta Health Services, Central Zone Comprehensive School Health Program 2009.