



CHEER & COMPETE

Purpose & Focus

To teach participants how to show respect during competition.

Participants

Any even number of participants.

Time Allotment

15 – 30 Minutes

Activity Level

High

Materials

- Party blowers
- Masking tape

Method

- Explain to the participants that respect is important in daily activities and in sports.
- Explain to the participants about sportsmanship and encouraging others in competition.
- Use the masking tape to mark a start line and a finish line.
- Break participants up into pairs of 2.
- Explain to participants that they will use the party blowers to move the cotton ball from the start line to the finish line.
- Explain to participants that this will be a competition and to show respect by encouraging each other to cross the finish line.
- Discuss with participants how it felt to be encouraged and ask participants that encouraged how they felt to show respect.

Discussion

- How does it feel to be encouraged?
- How does it feel to encourage others?