

CLOSING ACTIVITY: OVERCOMING OBSTACLES



Time Required: 30 minutes



Goal

- To encourage participants to overcome the obstacles they will face as they try to apply training.



Overview

In this activity, the class is divided into small groups. Each group is given a challenge to complete or problem to solve. As they work through their challenge, the trainer creates obstacles that make success more difficult. You debrief by exploring how they handled the obstacles. Then compare that to the obstacles they will face as they go back to work and try to apply the training. You will be encouraging them to anticipate obstacles and find ways to overcome them.



Instructions

Divide the group into small teams of 3-4 people. You will need one challenge for each team. Each challenge should require at least 5 minutes to solve. Here are some possible challenges:

Crossword: Create a crossword puzzle with clues related to the training concepts you've been teaching. Enlarge to poster size for the team.

Draw It/Act It: Create a set of cards with concepts related to the training. Teams will have to draw the concept (or act it out) while their team members guess.

Untie the Knots: Take some kite string or clothesline and tie it into a bunch of knots. The team must untie the knots.

Basketball: Give team a bucket or box and a bunch of scrap paper. Have them roll paper into balls and toss into the bucket (from a given distance) to see how many baskets they can make.

Jigsaw Puzzle: Give team a fairly simple jigsaw puzzle to assemble (something with 100-200 pieces).

Tell teams that they will compete in different activities to see who can accomplish the most and manage the obstacles they face. They will have 5 minutes to complete their team's work. Give each team one challenge or game, with rules described on a handout. Then start the clock.

Instructions (continued)

As teams work on their challenge, you will create obstacles for them. Here are some possible obstacles:

- Blindfold people trying to untie the knot.
- Remove a player from a team and move them to a different team.
- Knock over the flip chart of a team or take a piece of flip chart paper from their stand.
- Interrupt a team in the middle of a clue.
- Remove some of the pieces of the puzzle.

After 5 minutes, have teams discuss the obstacles they encountered, how they felt about the obstacles, and what they did to overcome the obstacles. Allow 5 minutes, then discuss as a large group.



Handouts

- Team Challenge instructions
- Game props (cards for Act It/Draw It; String in knots, Crossword, etc.)



Debrief

Debrief by asking questions like these:

- What obstacles did you encounter?
- How much did that throw you off?
- What did you think when it was happening?
- What did you or others say that helped you manage the obstacle?
- What did you or others say that didn't help manage the obstacle?
- Did anyone want to give up? What kept you going?
- How is this like real life? What obstacles do you face?
- What obstacles do you anticipate when you try to apply this training?
- What did you learn here that will help you overcome those obstacles?