

Activity Typology: Cooperative Challenge

Material: One or two light objects to put on top of the head: toilet paper roll, toilet paper roll card-board, a case, a book or notebook, a cushion, a ball made with a pair of socks or clothes, etc.

Description of the activity:

Each participant places the material above their head. The goal is to get all participating people to keep the object in balance above their head, without it falling, for as long as possible.

Each person participates based on the degree of difficulty they choose. The different options are presented from least to most difficult, progressively:

Grade 1: Keep the object above the head without moving.

Grade 2: Without falling, move with the object above your head: bending, jumping, sitting, stretching, getting back up, moving your head from left to right and from right to left repeatedly, lift a leg and lower it, tiptoe and step all over your foot, etc.

Grade 3: Move through space with the object above the head.

Grade 4: Move through space with the object above the head, in addition to performing the actions proposed in Grade 2.

Grade 5: Finish the tasks above with two objects on the head.

If the object of a person in the group falls, time stops and the whole group starts again.

Variants:

V1: Use different objects or smaller objects to increase the difficulty.

V2: Keep the object in balance over other parts of the body: shoulder, elbow, hand, knee, foot, etc.

Questions for reflection:

- Did you like the challenge?
- How did you like doing this challenge the most? With the object on the head or on other parts of the body? Doing what action to add difficulty?
- Does the way you liked it most match the way you found it more difficult?
- Has anyone tried using two objects?
- What values do you think have been enhanced with this activity?