

Jump Higher

Impact:	Shows participants that they can achieve more when they focus, understand expectations, and draw strength from those around them
Risk:	Medium
Group Size:	Unlimited
Time Required:	15 to 20 minutes
Materials:	Colored chalk and a wall at least 8 feet tall

Directions:

- Participants line up side-by-side, facing a wall that's about 10 feet in front of them. Each person is handed a piece of chalk. Then, at the same time, the participants run toward the wall, jumping as high as they can at the wall and marking it with their piece of chalk at the highest height possible.
- Encourage participants to examine their marks. Ask them whether they think they could jump higher if they had another chance. Remember the responses, and refer to them during the discussion of the game.
- Now tell the group that each person will do a second jump, one at a time, but that in this round the group will help each jumper. Group members can provide this help by calling out encouragement, standing closer to the wall, or doing whatever else they can think of. Each participant jumps when he or she feels ready. (In nearly every case, people jump higher the second time.)

Discussion:

- Did you believe you could go higher on the second jump?
- Were you in fact able to jump higher the second time? If so, why did you do better this time?
- What else was different about your second jump, besides trying to reach a higher spot on the wall? For example, did you feel different while doing your second jump? If so, how?
- What does this game say about our abilities and beliefs and about the impact of others on our efforts?
- How could you use what you learned in this game to meet other challenges in your life?