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Leadership Training Institute
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Week 8 – Self Reflection

Materials

Tennis Balls , Cups
Scavenger Hunt Clues

Energizer: Chaos and Change

Start Time	3:00
End Time	3:20
Group Size	Full group
Activity Leader(s)	

Materials:

Tennis balls (20 or so), cup, balloons, etc.

Set-Up:

None

Description:

Divide the students into two groups and give each 10 or so tennis balls. Tell them that each time everyone in their group has touched a tennis ball, it is considered a “product” and their goal is to make the greatest number of products possible. They may not pass it to the person next to them. After they establish a system, shake it up. This might include blindfolding someone, allowing one person to touch the balls only with their nose, throwing other objects into their assembly line (like balloons), and switching the groups in the middle of the game. This will help students focus on adapting to unforeseen and unexpected circumstances and how to restore order from chaos.

Desired Outcome:

Students practice teamwork and get energized for the day’s activities.

Discussion Questions:

Did you guys think that was hard or frustrating?

What made it that way?

How did you react to the changing rules?

How is this applicable to real life?

Reflection and Discussion

Start Time	3:20
End Time	3:45
Group Size	Full group
Activity Leader(s)	???

Materials:

None

Set-Up:

None

Description:

Students will use introspection to write a reflection in their journals regarding where they are now, where they want to be in 20 years and how that has changed over the course of the past 10 weeks of LTI. Then, students will read their essays or share some of their goals and get feedback about LTI's success.

Desired Outcome:

Students get to share their experiences and goals with others, along with learning about other people's goals for the future.

Discussion Questions:

What did you guys think about during the reflection?

How about goals for the future? What were your thoughts on that? Have they changed over time? Why or how?

How about LTI? Do you think it's helped you to reach these goals? How?

Scavenger Hunt

Start Time	1:10
End Time	1:30
Group Size	Full group
Activity Leader(s)	???

Materials:

Anagrams

Mind Puzzles

Paper

Description:

The group is split in two and race around campus to each of 6 stations. Once they have completed the activity at each station they receive a page with a letter and direction to the next station. Their final task once they have collected all the clues is to unscramble the letters to spell 'leader.' The activities are: Anagrams, Baby Shark, Mind Puzzles, Tower Build, Evolution, and Chocolate River.