



ACTIVITY: 'DO I NEED HELP?'

TIME: 15+ minutes
SIZE: Large groups/whole of class
SPACE: Sports hall, grassy oval
RESOURCES: Coloured tokens, one bucket for every three students, witches hats or markers, blindfolds

The aim is to place students in a challenging situation where they must choose whether or not to seek help.

The result should be discussion about the important role that help-seeking can play in building a strong Sense of Purpose and in achieving goals.

1. Break the class into teams of three.
2. All teams are based at one end of the play area – the 'Home' end.
3. At the other end place one bucket for each team, and into each bucket place three 'tokens' (e.g. batons, balls, coloured paper).
4. Across the play area liberally and randomly sprinkle witches hats.
5. Game play: this is a relay race. Every team's objective is for all three of its members to don a blindfold and cross the field (one at a time) avoiding the witches hats, collect one token, and return it to the Home bucket. Players have three options:
 - a. Cross unaided (i.e. no verbal help from teammates) and, if successful, gain the team 10 points; or
 - b. Before commencing, opt for a guide from their team to *verbally* steer them around the witches hats and, if successful, gain 7 points; or
 - c. While on the field they can call for a guide's verbal help and, if successful, gain 5 points.
6. Guides must remain at the Home end and can only use the words 'hot' and 'cold'. Only one guide can be used each round.
7. If a witches hat is touched, the blindfolded player must return to the Home end and start again.
8. The winning team is the one with most points. Consider a time limit.
9. Teams should tally and compare the points they accumulated and look at the strategies they used to accrue them. Did seeking help actually pay off?



DISCUSSION SUGGESTIONS

- Every team had a common goal – why didn't every one win? What was the difference between winning and not winning?
- What strategies did the winning team employ?
- What strategies did people use that failed to work? Why didn't they succeed?
- Why is seeking help important when we face the unknown?
- Discuss how seeking help doesn't diminish Sense of Purpose, and can be beneficial for both the help-seeker and the help provider.
- Brainstorm some real life examples of times when it might be very wise and useful to seek help in order to achieve goals (e.g. when selecting a career path, choosing an organisation to volunteer time with, seeking professional assistance to help care for an ill loved one).