



ACTIVITY: 'SCARY EGGSPERIMENT'

TIME: 15+ minutes
SIZE: Small groups
SPACE: Room for small groups to work at a desk
RESOURCES: Eggs* (one per small group), drinking straws (6–12 per small group), sticky tape (one roll per small group), tape measure, Wild Cards (p.92 or SenseAbility CD), bucket

The aim is to for students to experience a situation where external pressures may impact on their Sense of Control.
The result should be an increased awareness that a strong Sense of Control is important for setting and achieving goals, and for weathering unforeseen events.

1. Have every student select a Wild Card from the bucket. They can read it, taking note of the symbol on the card, but must then put it in their pocket without revealing its contents to anyone else.
2. Break the class into equally numbered teams of three to five.
3. Each team has 10 minutes to use their straws and tape to construct as tall a tower as possible that will support, at its top, an egg (or golf ball).
4. Alternatively, each team has 10 minutes to use their straws and tape to construct a capsule that will protect an egg if it is dropped from a height of 1.5 metres.
5. Allow each team one minute to give itself a name and come up with a strategy.
6. Start the clock.
7. At your discretion, have players pull out and obey their Wild Card instructions (e.g. 'You must stand on one leg for one minute'). The Wild Cards are marked with three different symbols (circles, squares, triangles), so you can get different students to obey their Wild Card instructions at various points of the activity by saying, for instance, 'Students with Triangle Wild Cards, obey them now'.
8. At the end of 10 minutes, go around to each team one-by-one and test their tower (or capsule). Praise each effort.

*If you don't want the risk of messy, broken eggs, hard-boiled eggs or golf balls can be used instead.



DISCUSSION SUGGESTIONS

- What was the hardest part of the activity? What was the easiest? Did you feel in control? Why/why not?
- What did you think and feel when you read your Wild Card? How did you react? In retrospect, were your thoughts helpful/constructive, or not? Why?
- What strategies did the successful team/s utilise? What choices did they make? What thinking strategies (including encouraging one another) did they use?
- Reflect that this is like the A-B-C-D Model, and everyone was responding to the same event (i.e. everyone had the same goal) and faced very similar challenges, but different people thought and felt about it in different ways.
- How is this activity similar to real life situations? What could the tower/capsule represent? What could the straws and tape represent? What could the egg/golf ball represent? What could the Wild Cards represent? Would your reactions in this activity serve you well in these real-life situations? Why/why not?
- Did you receive good help from your teammates? Who can you look to for help in real/everyday life?