



For groups of six or seven students.

Note carefully: While this is a gentle activity, it is physical and carries risk of injury. Do not attempt this until the instructions are clearly understood by all participants.

Establish: A fun but respectful mood.

Overview: The groups will form circles, students standing shoulder-to-shoulder and facing into the circle, with one student in the middle. The group forming the circle stretch their arms out into the circle. The student in the middle becomes stiff as a board, closes his/her eyes, and lets him/herself lean into the others' hands to be gently passed around.

Stance of circle members (aka 'The Glass'): Feet shoulder width apart, with one foot in front of the other, arms outstretched and parallel with the ground, fingers loose, alert and ready.

Stance of middle participant (aka 'The Straw'): Once the circle members are in position, the person in the middle places feet together, arms crossed pharaoh-style in front of their chest, body straight, eyes closed.

Gap: At the commencement of the activity, there should be only a few centimetres gap between the torso of The Straw and the circle of waiting hands of The Glass.

Technique: Do a practice round first. Once the circle members (Glass) and the middle student (Straw) are ready and confident, have dialogue to this effect:

Straw: I'm ready to fall. Are you ready to catch me?

Glass: We're ready to catch you. Fall when you're ready.

Straw: I'm falling.

Glass: Okay.

The Straw should never be leaning more than a few degrees – i.e. barely off-balance – and members in the circle shouldn't be taking more than a few kilograms of strain. It should be easy for every student in the Glass circle to push the Straw to other waiting hands.

The activity: Once a practice round has gone well, the activity can progress with every member having a chance to become the Straw. Have the Straw passed around by the group for 30 seconds to one minute, enough to enjoy the sensation of surrendering his/her physical safety to the group. When the Straw has had enough, have him/her simply stand firmly, uncross arms, open eyes and thank the others.

Common sense: Be mindful to avoid significant height and weight disparities between students.

Ensure you allow time for fruitful discussion about the sensations experienced by students and the important role that trust plays regarding Sense of Belonging within an effective group.