

**Prep:**

- Gather materials: flipchart and markers for discussion and beach ball or other object for game.

**Meeting Agenda:**

**Welcome and Opening Activity – 10 min.**

- Begin by welcoming everyone and take attendance (can be taken during the game).
- **Facilitate** game of No-Hands-Pass

**Activity and Ambassador Skill Development – 10 min.**

- Check-in with your Ambassadors:
  - Ask how they have been doing since the training and facilitate a brief discussion around their answers.
- As a group, revisit the Working Agreements from the training:
  - **What:** a list of behaviors agreed upon by a group to help its members work together
  - **Why:**
    - Help everyone feel comfortable taking part because they will understand what is expected of them.
    - Help everyone feel respected and free to express their ideas and thoughts
    - Help prevent problems later, by specifying what behaviors are and are not acceptable
  - **How:** Ask each Ambassadors which agreement resonates the most with them and why, or what agreement they would like to add and why.
  - Post the Working Agreements at each meeting. You may even want to have all Ambassadors sign the Working Agreements list, or sign with a thumbprint using an ink pad. Congratulate your group on completing their first activity together!

**TIP:** If problems arise in future meetings, revisit the working agreements and change or add to them. Make sure to post at each meeting. You may even want to have the group determine the consequences for when the agreements are broken.

**Closing – 2 min.**

- Bring the meeting to a close by asking the group “Are you ready to make one commitment as an Ambassador? If yes, what is it?” This helps foster relationships and inspire the ambassadors.

# No Hands Pass

**Materials:** A beach ball, a tennis ball, or other object; stopwatch (optional)

**Timing:** 5-10 minutes

**Preparation:**

Participants stand in a circle. Choose a Starter, and a Timekeeper.

**Summary:** Players learn sensitivity, communication, and team skills as they pass an object around the circle as quickly as possible without using their hands.

**Directions:** The object is to pass the object around the circle as quickly as possible without using hands. Players can use elbows, shoulders, knees, or feet (they have to remain standing).

- When the leader gives the signal, the starter begins passing object around the circle to their left without touching it with their hands.
- When the object returns to the starter, he or she says "stop!"
- You may want to start with a large ball and then a medium second round and then pull out a tennis ball for the last round, challenging the group to match or exceed their speed in the last round.
- To increase the challenge as players gain skill, you can eliminate the use of other parts of the body, for example, "No feet, no elbows, " etc.