

Prep:

- “Support Looks Like” flip chart.

Meeting Agenda:

Welcome and Opening Activity – 5 min.

- Begin by welcoming everyone and take attendance (can be taken during the game).
- **Facilitate** game of Human Knot

Activity and Ambassador Skill Development – 15 min.

- Check in with your Ambassadors.
- **Success Round:** Ask each Ambassador to think about the previous three days and share a time that they said or did something to support someone who was being excluded that worked well. Go around the room giving each person a chance to say something. Encourage appreciation of each other and keep it moving. Take note of 1-2 success stories to share with your staff team.
- **Challenge Round:** Ask everyone to think of something that didn't go as well as they would have liked. Ask for a volunteer who is willing to get some feedback from the group to share their experience. Have them describe the situation and what they did or said. Validate them if they noticed mistreatment, even if they did not act. Awareness is the first step towards taking action. Give them a chance to talk about what they could have said or done differently.
- Ask the group to discuss what they think could have been said or done to address that situation. Add these ideas to “Supporting Looks and Sounds Like” chart from previous lesson if the Action used is Supporting. Remind them that although they are focusing on Supporting this week, there might be other Actions that they could have used.
- **Assess Goals:** Did Ambassadors meet their Supporting goal? Was it a realistic goal? What is their goal for the next week? Encourage them to write their goal down. Recording goals is good practice for the guided recollection activity which will be repeated at the end of the year.

ELEMENTARY

Closing – 2 min.

- Bring meeting to a close by celebrating the achievement of the ambassadors meeting their goals! Hip, hip, hooray!

Human Knot

Materials:

None

Timing:

5 minutes

Preparation:

Everyone stands shoulder to shoulder in a circle

Summary: Ambassadors create a human knot by holding hands and working together to untangle themselves. This activity is useful for demonstrating the importance of trust and cooperation in group problem solving.

Directions: Everyone reaches both hands into the circle and grasps the hands of TWO other people who are not directly next to them. The challenge is for the group to untie the knot (i.e., form a circle again, holding hands) without letting go of hands.

Variation: Students can hold ribbon, rope, or fabric strips at each end instead of holding hands.

Debrief: Talk about what was helpful and what wasn't helpful, communication that worked or didn't work, and leaders that arose, etc. in accomplishing the task.