

**SSA Family Group Agenda**  
**Length: 27 minutes**

Meeting #11

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**Goal: Practice “Directing”**

**Meeting Agenda:**

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

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

**Activity and Ambassador Skill Development – 15 min.**

- Check in with your Ambassadors, “How is everything going?” “Any successes or challenges to share from the week?”
- Directing Skill Development activity. Review the Directing action in the **Student Guidebooks**.
- Divide your family group into groups of 4-5. Give a situation (put down, intimidation or unwanted physical contact) to each group. Have each group role play the mistreatment and what an Ambassador could do to direct. At the end of each role-play have the group practice a graceful exit as if the aggressor did not respond well to the directing action.

MIDDLE / HIGH

**Closing – 2 min.**

- Bring the meeting to a close by discussing with the Ambassadors if they feel comfortable using the Directing action and why or why not.

# Human Knot

## Materials:

None

## Timing:

10 minutes

## Preparation:

Everyone stands shoulder to shoulder in a circle

**Summary:** Ambassadors create a human knot by holding hands and work 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.

**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.

MIDDLE / HIGH