



Staying in the Circle of Life

SPIDER WEB ACTIVITY

Materials

- Yarn

Instructions

- ✓ Announce that now you're going to do a group activity.
- ✓ Ask participants to stand up and form a circle.
- ✓ Pick up the ball of yarn.
- ✓ Provide directions for the activity

Guide

You will begin by asking a participant to say their name, share one thing they look forward to in this group or are concerned about. Then, while keeping hold of the piece of yarn, they will say the same of someone else in the circle and throw the yarn to that person.

That person will then say their name. Then they will share one thing they look forward to in this group or are concerned about. While keeping hold of the piece of yarn, they will say the same of someone else in the circle and throw the yarn to that person.

This will continue until everyone is holding on to a piece of yarn.

When everyone is holding the yarn so that it looks like a spider web, say something to the effect of:

“Now, you can see how interconnected you are. We have formed a web of connections. We are all here to support one another. Even if one of us loses or softens our grip, the

others will be there to keep the web in place. This is the relationship that I hope you will build with one another as part of this experience.”

*Note: The facilitator will write down each word on a large piece of paper that is visible to everyone. Then the group will have a discussion about the words everyone shared to see what the common themes are. You can then use words or themes from list to come up with a phrase that speaks to identity as a group. (Think of it as a combination between a team name and a “mission statement” in sentence form... Return to this at a later session to give the group time to know each other better if needed)