

## Encouraging Yarn

<http://www.thesource4ym.com/TeamBuilders/Detail.aspx?id=42>

Materials Needed: Ball of yarn – provided in practice room

Seat the entire group in a circle facing one another. (Adult leaders can, and should, be included in this!)

Hand one person a ball of yarn and tell him to throw/roll it to someone else. When the other person catches it, the “thrower” says something to that person that is encouraging in nature. (“You are a loyal friend.” “You give grace to others.” “You are a helpful person.” Etc.)

Afterwards, the person who was just encouraged grabs the yarn in one hand and tosses the ball of yarn to another person with the other hand. She then tells that person an encouraging point about his/her nature.

This process repeats until a “spider web” has been created between the students in the circle. (By the way, the same person can be encouraged more than once by more than one person.)

The group needs to be real and genuine with each other. They can have fun while doing this, but they need to be serious when they pass on encouragement to others.

Don’t let the “encouragements” boil down to simple compliments (“I like the way you dress.”) Force them to reach for deeper meaning behind a person, their nature, or their actions. For instance, “I appreciate the fact that you do not dress in a provocative way.” Or “I am glad you no longer wear shirts with mean or ungodly messages on them.”

When everyone has had at least one turn, you can have a discussion about this while everyone holds onto their string (maintaining the “spider web”).

Possible Questions Following the Activity:

What does this tell us about our team?

How did this make you feel?

Do you feel that the people around you spoke the truth about you?

How important are we to one another?

Did you learn something about someone else? If so, what?