



bound: perceiving limits

purpose • To explore the meaning of limits and challenges

time 60 minutes (depending on group size)

group size 8 to 30 participants

materials

- One bandanna (or similar material) per participant
- Flip chart
- Markers and creative materials (e.g., paint, crayons, cloth, glue, colored paper)
- Sample pictures from magazines (option one)

prepare ahead The trainer may want to set up the room ahead of time if training alone. Give participants as many creative materials as are available, such as paint, crayons, cloth, and glue, or simply provide them with markers. Provide only the paper on the table(s), and scatter the other materials around the room to allow participants to choose their resources as a team.

introduction

Explain that the object of this activity is for groups to recreate a simple picture or create their own picture that is based on a specific topic—whichever they prefer. Explain that this activity can be helpful to them if participants want to effect changes but feel that they cannot; if they want to explore new ways to overcome obstacles when working with others; or if they want to learn to use their limits to their advantage rather than avoiding them.



step one

Split the participants into teams of 8 to 10. (Note: this number may vary according to group size). Have each team line up shoulder to shoulder.

step two

Using the bandannas, tie each team member's wrist to that of the person next to him or her, until the entire team is connected at the wrists. You may tie the wrists yourself or have participants tie each other's hands. Explain that the bandannas that are connecting them represent everyday limits that they may encounter at work or school, while planning projects, with family and friends, and so forth, such as lack of funding; lack of resources; a stubborn Board of Directors; or disagreements with parents, caretakers, or spouses and partners).

step three

Next, supply each team with a sheet of flip chart paper. Be sure that the markers and creative objects are spread around the room.

step four

Explain the objective to the participants:

option one: Participants will recreate a simple picture (from magazine samples).

option two: Participants will create a picture that is based on a theme, such as an ideal summer home, a perfect community, their community, or a team mural.

trainer note: You may want to allow an extra 5 to 10 minutes for Option 2 to allow for discussion time.



Explain that the participants will have to work within their limits to achieve their objective within the allotted time of 20 minutes (25 to 30 minutes if using Option Two). They are not allowed to remove their limits; they are only to find ways to work around them or with them.

step five

Explain to participants what their resources (i.e., markers and creative materials) are and where to find them. They are only to take what they will need in order to make sure there are enough materials for everyone.

step six

Have groups create their pictures. After the time is up, have each group hang its poster in the front of the room.

reflection and discussion

Ask someone to briefly explain the activity the group just did. Then process the exercise with the following questions:

- What is one thing that you did to contribute to the objective?
- What are some things that you heard people say?
- When were you most frustrated in the activity?
- When were you most engaged in the activity?
- How did the limits affect your involvement?
- How did the limits affect the group project?
- What do you think the purpose of the activity was?
- What have you learned from this activity?
- What might you apply from this activity to your youth–adult team?