

Star Search *Future Leaders*



"Creating Leaders and Champions – On Court and Off"

Mentors and Coaches: The Power of Associations "The Circle of Support"

Circle of Support

Location: Ball Field

Day: Sunday

Time: 4:50 - 5:30pm (40 minutes)

Responsible Persons: Guru, Chair, JCs, SCs

Equipment Needed: Single length of rope with ends tied, which is just long enough for all of the YRYLarians to stand toe to heel and form a circle while holding the rope.

Objectives:

4: To be willing to push the limits of their comfort zone

5: To have confidence in themselves and others

6: To show empathy and demonstrate respect towards others

Desired Outcomes:

To build trust, confidence, and understanding that all are a part of creating a community that, with cooperation, can accomplish amazing things. To diminish fear of being in close contact with other people at YRYLA. To feel supported by their peers. To create community and a sense of belonging

Set Up and Instructions:

The Guru will set up and facilitate the activity. Everyone must go outside on the ball field. The Guru will lead the YRYLarians through some explanations and inspirations, and develop the significance of the rope in this exercise. Then the YRYLarians will ultimately be able to sit on each other's laps in a circle and be able to sing one round of row-row-row your boat. Counselors and Rotarians will stand on the outside making sure the YRYLarians are paying attention, are doing it right, and making sure everyone is safe.

Guru's Facilitation:

The Guru will give the following instructions to make a circle. *Italics* are the Guru's instructions. **Bold** are discussion points that the Guru will lead.

"Before you on the ground is a rope that forms a circle. Stand just outside of this rope. When you are told to pick it up, please do so. As you pick it up notice what it feels like in your hands.

*"Now, still holding the rope, step back and notice how the rope feels when it is stretched. **Describe the difference in how the rope feels.** "Hold onto the rope and place your feet securely in front of you so that you can lean back. I am concerned about everyone's safety so make sure that your feet will not slip on the ground where you are standing right now. The rope should feel stretched and taut. Still holding the rope, stand so that you are leaning back." **What does it take to trust that you will not fall down even***

though you are leaning back? Notice that the circle is not static until we get coordinated. What did we have to do in order to get stable? "Now that we are stable, stand back up. Please sit down only holding onto the rope. Now let go of the rope."

The Guru will lead a short discussion about what the YRYLArians are about to experience during the week including topics such as

- the week is about challenging themselves to trust themselves with the process.
- the combination of the rope and those that are connected with it is a metaphor that YRYLA is a community.
- notice that every action that every individual takes will impact the collective group.
- even doing nothing is an action and doing nothing has an impact.
- recognize what outcomes you want to have both with yourself and others
- notice that an individual can stop and think rather than reacting out of habit.
- notice the impact that you are having on other people.
- Ask yourself "Is this what I really want to have happen?"

The Guru will then continue the instructions: *"Now place your feet under you and when I say 'now,' I want you to pick up the rope and use it to support yourself to stand up. Do not place your hands on the ground! OK, NOW"*

"I would like you to place the rope on the ground and step inside of the rope. Turn to your right. Take two side-steps toward the center of the circle. Continue to side-step into the center until you are standing heel to toe and in a perfect circle. Help each other to notice when you are not in a perfect circle. Notice if anyone is not directly facing the person in front of them. If anyone is tilted they will mess up the support system. Please give the person in front of you a shoulder rub."

"Thank you. Now let us be quiet and get serious."

The Guru will talk about challenge by choice and what that means. He will tell them what they are about to do and that if anyone does not want to participate we need to know right now. He will assure them that there is no judgment concerning their stepping out and not participating. He will caution that the people that stay in must fully participate! The Guru, JCs, SC, and staff will double check to see that everyone will have a lap to sit on.

The Guru will then continue the instructions: "Please hold onto the shoulders of the person in front of you. When I say NOW I want you to sit on the lap of the person behind you. You do not want to look backward for that person's lap; it will be there for you. Concentrate on helping the person in front of you! Look right now and see that the person in front of you will land on your lap. Keep your knees close together. You will slowly sit down when instructed, holding onto the shoulders of the person in front of you for balance." When the Guru is sure that they are OK, he will say "NOW."

The Guru will ask the group to let go of the shoulders of the person in front of them and put their hands out like a wing and sing "row, row your boat". When the song is over, he will ask them to hold onto the shoulders of the person in front of them once again and stand up on the command to stand.

Counselor Facilitation Notes:

Shepherd your team to the ball field. The Guru will take it from there but be prepared to help make sure that everyone is standing toe to heel. Don't worry about the weights or sizes

of people - the way that the weight is distributed, the largest person can sit on the smallest person and it will still work. When the *Guru* is forming the circle, he may invite the Counselors and Rotarians to step in. Be sure to make notes on the comments, abilities and behaviors you observe in your team.

Safety Considerations:

If everyone is not standing in the right position, toe to heel, they could fall on the ground.

Suggested Debrief Ideas That Lead to Desired Outcomes:

(This debrief should happen at Twilight Time)

Were you worried about sitting on another person?

Were you worried about another person sitting on you?

Where do you think you had more trust?

Do you believe that a person needs to earn trust or is it something to be lost?