



Conflict resolution



Managing emotions / Empathy

Title of the game

Get Off The Couch!

Students motivate each other to complete difficult tasks

Recommended age for this game:

11-13

Duration:


30 min



Number of Students:

4+

Game Use:

 In the classroom



Instructions:

Students brainstorm a list of tasks that are boring or difficult. These could be cleaning their bedroom or studying for exams but can be creative or wacky such as writing a thousand-page essay or spending a night in a cemetery. Students then brainstorm a list of factors that motivate people. Examples might include family, security, food, success, or money.

Following the brainstorm, one student is chosen to be the team leader. The team leader stands in front of the rest of the group, who are seated on the 'couch'. The team leader is assigned a task from the list, which they must persuade members of the group to 'get off the couch' and complete, using the various motivating factors.

The leader has 2-3 minutes to convince at least one member of their team to complete the task, after which a new leader is assigned.



Materials:

- Chairs
- Flipchart or whiteboard and pen



Tips for the game:

- Have a backup list of tasks and motivating factors prepared.
- Leaders can experiment with persuading individuals one by one, or the whole group.
- Team members should be open to persuasion - don't be stubborn for the sake of 'winning'!



- Are people motivated by different factors?
- Does knowing an individual's motivation help leaders to inspire them?
- How can you inspire a team to complete a common task?