

# Frostbite - Trust

## EXPLANATION:

Teams of 4-5 students are no longer sitting in the classroom - they're Arctic explorers trekking across Artic! A sudden storm hits and the group needs shelter! But not all team members can assist in the same way. To survive and complete the activity each group is going to have to listen and trust each other.

**YEAR LEVELS:** Years 7–10

**STUDENT GROUPING:** Groups of 4 – 5 students

**ACTIVITY LENGTH:** 45 mins approx.

## LINK TO CURRICULUM:

**Health and Physical Education: Sequence of content F–10**

**Strand: Personal, social and community health**

***Being healthy, safe and active***

Changes and transitions: Examine the impact of changes and transitions on relationships

Making healthy and safe choices: Propose, practise and evaluate responses in situations where external influences may impact on their ability to make healthy and safe choices

**Strand: Movement and physical activity**

***Learning through movement***

Teamwork and leadership:

- Practise and apply personal and social skills when undertaking a range of roles in physical activities
- Devise, implement and refine strategies demonstrating leadership and collaboration skills when working in groups or teams

***See also Personal and Social Capability learning continuum sub elements:***

- Appreciate diverse perspectives
- Communicate effectively

## SCOPE OF TASK:

Trusting someone means that you think they are reliable; you have confidence in them and you feel safe with them physically and emotionally. Small teams of students with limited resources will have to work out how they trust their friends to accomplish the task. If they are going to survive they must build some shelter but not everyone can contribute equally. They must decide how to communicate most effectively and trust the advice of their team members.

1. Inform students that this is a scenario-based challenge: The team are Arctic explorers who have been caught in bad weather. They must build a shelter to protect themselves from the weather. The severe weather conditions have impacted on all the team members - the team's leader is suffering from frost bite in both hands and therefore cannot physically help build a shelter. All the other team members are suffering from snow blindness and cannot see. The team is going to have to work out how to erect a shelter and save themselves!
2. Provide the activity guidelines to the students:
  - The leader has frostbite so cannot physically engage in making the shelter – their role is to communicate and provide instructions to the rest of the team- one member must be chosen or nominate for the Leader role
  - The other 4 team members are snow blind so cannot see (they will all have blindfolds covering their eyes). These team members will build the shelter by listening to the Leader's instructions, by feeling the materials and working collaboratively with other team members.
  - Set up teams at a working table and supply the materials to make a 'shelter'. These materials could include: paper, sticky tape, glue, string, scissors, straws, paddle pop sticks etc.
  - Set a timeframe of approx. 20mins for the teams to complete the task
  - At the completion of the set time ask teams to stop construction and remove blindfolds
  - Each team can inspect the shelter they built and discuss with their team members how it developed (or didn't!)
3. After each team has had a chance to reflect together about their shelters bring the group back together to discuss how they engaged in the activity. Some questions to lead the conversation include:
  - Did you trust your team members? Why? How?
  - What communication strategies did you use?
  - In this activity was it hard to trust the people around you? Why?
  - In the activity what characteristics do you think are important to build trust?



## RESOURCES:

Materials required:

- Resources for creating a 'shelter'. For example, paper, sticky tape, staplers, straws, paddle pop sticks, rubber bands etc
- Blindfolds
- Classroom tables and space