

Web of Connection

How does it help students?

- Allows students to connect with each other, learn fun facts about each other and work collaboratively to unravel their web.

What will we need?

- Spool of yarn or thick string

How do we do it?

- Everyone stands in a circle
- The object is that the students will pass the yarn/string on to another student while sharing something about themselves.
 - Create a theme: What are you grateful for? What do you appreciate about the person you're passing the yarn/string to? Fun fact about themselves that not everyone knows
 - The object is that this will create a web, so they can pass to anyone in the circle. This works best if it's not the person next to them.
- As the yarn/string gets passed, each person should wrap it around a finger to secure it
- Once the yarn/string has gone all the way around, pass it back to the first person.
- Now the group has to work together, without speaking, to unravel the tangles so that they end up with the yarn/string in an untangled circle.

Source: Kids Yoga Teacher Training Manual, compiled by Halley Firstenberg.