

STRAW / POTATO EXERCISE

(Motivation)

Get one volunteer from each table (or one for each potato)

Tell group: A key to motivation is **belief**. How many of you believe I can **tell** these people how to drive their straw through their potato with a single blow?

The secret is **follow-through**.

Volunteers: Hold the straw in a closed fist with your thumb over the top. Put arm at side.

In your other hand, cup potato so hand forms a “c” around it. Don’t hold in palm of hand for safety! Hold arm in front at a good angle for the straw to take aim!

Bending elbow, draw hand with straw back, then on the count of three, lunge forward, at the same time, yell “follow through”.

(Do a couple of “practice” lunges without the potato to build confidence.)

Teaching points:

Some of group will be successful. Other will need another straw and another try.

Emphasis difference between showing and telling (element of surprise at success).

There might be a person who still can’t accomplish it - when this happens I use them to illustrate the point that we each have strengths. They just may be different from others. Some people can’t put a straw through a potato, but they can do other things that others may not be able to do. It’s important to help individuals find their own strengths.