

**TITLE:** Turning Over a New Leaf

**IMPACT:** Develops leadership and requires patience of a group trying to accomplish a challenging task

**RISK:** Medium

**GROUP SIZE:** 6 - 10 or more

**TIME REQUIRED:** 5 - 10 minutes

**DIRECTIONS:**

- Ask participants to stand on top of the sheet.
- Once all are on the sheet, tell them that they must turn it over without stepping off it.
- All participants must be standing on the sheet at all times. There can be no stacking or people on top of each other.

**OPTION:**

- In a very high functioning group some participants can be given handicaps, such as a blindfold, or making it a silent activity.
- Handicaps can be given to anyone who steps off the sheet.
- The facilitator can time the group, and challenge them to do it faster.
- This can be used as a competition between two or more groups.
- As a way of building on the theme of “turning over a new leaf,” participants might tape something on the side they are going to turn over, e.g., something they wish to leave behind or forgive themselves for or a goal they hope to achieve.

**HINT:** Safety can be an issue with this activity. The facilitator needs to be involved in spotting. It is important to mention that participants need to be careful of fingers and hands of persons moving cloth underfoot. Instruct participants that if they are falling to simply step off the tarp so they don't pull people with them.

**DISCUSSION:**

This activity can be a metaphor for “turning over a new leaf,” leaving the past behind and beginning something new. It can also be used for groups that are having trouble communicating, including everyone, or working toward a common goal.

