

Touch the Can

Impact: Large group team builder, address personal boundary issues, work on group problem solving skills.

Risk: Moderate to high

Group Size: Up to 8. Larger groups should split into smaller groups.

Time Required: 15-20 minutes.

Materials: Can

Directions:

- Everyone in the group must touch the can simultaneously, and with one finger. For each group, one person must touch the can with their nose.
- Now add one more person per group can only touch the can with a different body part (i.e. now everyone but two people will be touching the can with their finger, one person will be touching with their nose, and one person will be touching with a foot or an elbow, etc.). Keep going until everyone is touching the can with a different body part.

Want More?

For more **trust building activities**, please see our book Growing Together at thefoodproject.org/books.

Want to learn more about how we create youth leadership development models in the context of farming, our social justice curriculum, and our food access initiatives? Attend one of our Institutes! More info at thefoodproject.org/institute.

