

*Title of Lesson:* The Big Balloon Adventure

*Curriculum Unit:* Goal Setting; Problem Solving

*Objective:* To set realistic goals; to work as a group to accomplish a goal

*Materials:*

- masking tape
- miscellaneous supplies for each group, e.g., 2 balloons, 1 pipe cleaner, 2 toothpicks, and 1 straw

*Directions:*

1. Use the masking tape to mark a distance of about 15 feet for each group, with a starting point (A) and ending point (B).
2. Divide the class into small groups of 3–5 students.
3. Give supplies to each group and challenge them to blow up both balloons and move them from point A to point B in one trip. The group must use all of their supplies, the balloons cannot touch the ground, and no hands may touch the balloons once the group crosses the starting line. All group members must be involved.
4. Give groups time to strategize and create their solution.
5. Have each group demonstrate their solution.

*Sample Processing Questions:*

- What techniques did your group use to accomplish your goal?
- What were your priorities?
- Did your group experience any barriers? How did you overcome them?
- How did you know your techniques would reach your goal?
- How does this activity relate to project planning?

*Variation:* Have the group determine a distance that they think they will be able to carry their creation before they make it; measure how successful they are. Did they achieve their goal? Did they go farther than they thought they would? Compare this to goal-setting in real life—goals should be challenging, not too easy.

Created by: Kristin Higgins, Greg Michelson, and Nancy Simpson at the first MASSP/MASC/MAHS Leadership Course Academy, August 2009