

Best Practices – Great Ideas that have worked

(From Southeast Y.O.U. Sponsors)

Group Bonding Activities

1. Pass the Frog! – A frog statue sits on a pedestal which is actually a box with a lid. Once a month, the ‘trophy’ is passed from one YOUer to another as a gesture of appreciation or admiration. The person receiving the trophy takes it home for the month and leaves a spiritual item in the box. Items are left in the box indefinitely for future recipients to enjoy. Great bonding tool! (Editor’s note – maybe let the person who has the frog decide who to pass it to for the next month.)

2. Birthday Labyrinth Walk – Each YOUer is put through the labyrinth the Sunday before his/her birthday. The honored YOUer takes the path to the center, then waits there with eyes closed and arms crossed (hands on shoulders). Fellow YOUers follow at 30 second intervals. As each YOUer reaches the center, he/she has 30 seconds to speak to the Birthday teen alone, expressing well wishes and heartfelt words of praise. Each teen turns and walks back out after his/her 30 seconds is up. The honored teen comes out last into a group hug and blessing from the chapter. We also do hostess cupcakes and a bottle of sparkling grape juice, which each teen signs with a permanent marker.

3. Movie Night – easy social. Lots of fun! We use a projector so we can put the movie on a wall in the fellowship room Start out with a fun mixer or other bonding activity, and serve pizza. Then show the movie, accompanied with popcorn. Discussion after the movie is always enlightening, but you must be prepared with questions (Reel Movies, available from Unity, is a great resource).