

## THEME

Connectedness

## SUB THEMES

Understanding Others  
Relating to & Communicating  
with Others

## Overview

In this learning activity Participants experience the dynamics of a team working towards the completion of a task. The task for each team is to build the tallest tower out of spaghetti (uncooked) and marshmallows within a timeframe.

Through this activity Participants experience how individuals take on different roles and how group dynamics change once pressure is added.

## Spaghetti and Marshmallows

## Knowledge and skills

Group and team cohesion, group dynamics, sending and receiving messages, listening, barriers to communication, effective leader communication through accepting responsibility for communicating with others.

## Resources

- Leader Journal template
- Packets of dry spaghetti
- Large marshmallows
- Rubbish bags



NAME \_\_\_\_\_

## Spaghetti and Marshmallows

In groups, your task is to use only the building tools provided – spaghetti and marshmallows – to create the tallest tower possible.

At the end of the given time, your tower must be free standing for 30 seconds.

The group with the tallest tower will be declared the winner.



**1. What roles did you notice different people take within your team?**

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**2. On what did your team place value? (e.g. building immediately, planning first, working together)**

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**3. What made your tower successful or unsuccessful?**

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**4. Describe the foundation of your tower.**

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**5. Would your tower's foundation cope with another level being added to it? Why/Why not?**

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**6. If your tower represents your leadership journey, why might values be considered to be part of the foundation of your 'Leadership Tower'?**

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