

# 4-6 Grade Activity Guide

## Together We Stand

This is a fun way to remember that we need our friends to be better people and to accomplish more in life!

### Activity Objective

See who can get from sitting to standing without using their arms individually or collectively.

### You'll Need

- No materials needed

### Instructions

1. Family members sit on the ground, leaving a little space around themselves. (Don't crowd one another.)
2. Ask everyone to stand up—without using their arms at all! They must hold their arms as if they're tightly hugging themselves.
3. Ask, "Why did that feel hard to do?" Ask, "What could have made it easier?" Let everyone respond.
4. Now have everyone find a partner. Have the pairs sit back-to-back with their arms linked together.
5. Have pairs stand up together.
6. Ask, "Was it easier this time? What made it easier?" Let everyone respond.
7. Add more people to a pair if you choose, until the whole family is together in a group.
8. Have fun, and remember to talk about how much we really do need each other to accomplish more than we can alone!