

# Cup Stacking



## Purpose:

This is an exercise in creativity as both individuals and through teamwork. Art and Life offer plenty of opportunities for teamwork and creativity. Many activities are more easily accomplished with teamwork and the help of more than one person. Each person can retain their individual creative contribution – but the individual contribution of ME can also be the M turned upside down into a W = WE. **Using both hands at the same time strengthens our brain and improves academic performance.**

**Life Skill:** At times our “alone time” is very valuable and it is to our advantage to work alone - at other times it is rewarding to spend time and or work with others. YOU CHOOSE without guilt or pressure.

**Communication Skill:** It’s OK to say no and be true to yourself and still show kindness to others and YOURSELF. It’s also OK to join the TEAM and the choice is ALWAYS yours.

## Instructions:

1. Students will be invited to stack alone and with a buddy – using two stacks and combining a cup from the top of each stack placed in the middle of the two stack to form a multi colored stack. If alone – students use both hands – if with a buddy students only use hand to outside when shoulder to shoulder to up-stack cups and trade places to down-stack cups
2. Next - Students will be invited to stack cups in a 3-6-3 and 6-6 pattern with the option of a 1-10-1 pattern to complete the cycle – details and video samples available at [www.speedstacks.com](http://www.speedstacks.com)
3. Students will normally ask if they can join others and build multi-cup pattern pyramids with the cups – or facilitator can invite students to join in for pyramid building and encourage them to work together to create unique patterns and see how long they will stay standing.
4. All students are reminded that they can choose to stack their 12 cups individually and DO NOT have to join a group

**Opening circle:** There are times when we want or need to work alone and there is great value involved with individual and team contributions. Today let’s try both – individual efforts and teamwork

**Closing circle:** What Went Well and Why?

**Lesson Plan Contributed by: “Cowboy” Ted Hallisey ~ February 2018**

## MATERIALS NEEDED

Time – 30 to 60 minutes  
Material Cost for 1 student  
\$20

Order Speed Stack Sport Set

[www.speedstacks.com](http://www.speedstacks.com)

Stacking Cups - provided by  
Cowboy Ted if hosting event