

SPIRITUAL BODY BUILDING – LESSON 11 – MATCHING SQUARES

This activity emphasizes teamwork and serving others. You need to put people together in groups of five each around small tables. If you have ten people in your Spiritual Body Building Group you can have two groups of five. If there are people who are not in a group of five, you can either (1) pair them with someone else in a group, or (2) use them as rule enforcers.

PREPARATION

In a group of five, each member will be given an envelope with pieces of a square in it. *The object of the activity is for each player in a group to ultimately wind up with the same size square.*

Print and cut out the shapes (on pages 2-4) that form each square puzzle. *If possible print on card stock for better durability.* Mark five envelopes on the outside with (capital) A, B, C, D and E, one letter per envelope. Place all A pieces in the A envelope, B pieces in the B envelope and continue until all pieces are in their correct envelope. *You will need a complete set of five envelopes for each group of five.*

RULES AND INSTRUCTIONS

Give each player in a group one of the five envelopes in the set. Before they open the envelopes, tell them that there are some **very important rules they must follow**:

1. The goal is for each group to make five separate squares of equal size. Each group member should wind up with one square that is the same size as the others.
2. The pieces have been mixed up and no envelope has all the pieces for a complete square. The group members will have to *exchange puzzle pieces to complete their own squares.*
3. *You cannot take* a puzzle piece from anyone else; you can *only give them away.*
4. During the exercise there can be no talking, no pointing, no gesturing of any kind, no indicating what puzzle piece you want. *You must either give pieces to others or wait for someone to give a piece to you.*

These rules must be strictly enforced by observers. Now open the envelopes and begin. Time limit of 10-15 minutes.

CONCLUSIONS

After everyone has the same size square, you can ask the members what it felt like during the exercise and what lessons they learned. The main point of the lesson is that we can either:

1. Focus on our own needs at the expense of the team, OR
2. Focus on meeting the needs of others so that the team as a whole can be successful.
I am successful as I make others successful.





