



# Loop



## ACTIVITY GUIDE

Week 3: *Down to Earth*  
Help Others

### Human Wall

This activity is a fun, silly way to illustrate helping others out and working together.

### Activity Objective

Get your team over the human wall—without touching it.

### You'll Need

- No materials needed

## Instructions

### Activity:

1. **Choose** three or four students to become your human wall. Have them **line up** in the center of the room.
2. The human wall students at the center will **kneel**, shoulder to shoulder, with their backs as straight and tall as possible.
3. **Move** the rest of the students to one side of the room.
4. **Divide** the rest of the students into teams of about three or four students each.
5. **Explain:**
  - You must get your team safely over the human wall, **without touching** any part of it.
  - Each team will have a minute to strategize about how to get over the wall, and one at a time, we'll call your team up to the human wall.
  - You will have one minute to try to get over the wall. But, if any of your team touches the wall, you immediately are disqualified!
  - The first team who gets over the wall without touching it, wins!

**Safety Note:** Be sure to have multiple leaders on both sides of the wall spotting students as they try to get over it. This is especially important on the other side of the wall where students are trying to end up. Don't let students face-plant on the ground. And guard your human wall students, too.

6. **Give** students one minute to strategize with their teams.
7. When time's up, **time** the first team for one minute as they try to get over the human wall.
8. If anyone touches the wall while trying to cross over, the whole group is **disqualified**.
9. The activity **continues** until every team has had a chance to get over the wall.
10. Whichever team gets over the wall successfully, wins! If you have two teams who win, whoever has a better time wins. If no team does it, keep trying until you have a winner.
11. If time allows, the winning team gets to be the next human wall.
12. **Explain:** This was another silly illustration, but it can remind us to help one another out. We can't just look out for ourselves—we serve one another.