



Web of Life

Create an interconnected web with the group as they share things with each other

TIME

20-30 minutes



MATERIALS

Yarn, scissors

TEAM STAGE

Forming, Norming, Adjourning

SUMMARY

Participants stand in a circle and, one-by-one, share something and then pass the yarn to someone across the circle from them. After everyone has shared the last person throws their yarn back to the first person and the web is complete.

SET UP

- Have participants gather in a large circle.

INSTRUCTIONS


- Start the activity as the facilitator by holding on to end of the yarn, making an introduction, and then passing the ball of yarn randomly across the circle to someone (make sure not to let go of the end!).
- Ask this next participant to wrap the yarn around their wrist, introduce themselves, and tell the group something about themselves that they would like to share (or choose a specific topic to focus on).
- Once they are done, have them toss the yarn randomly to someone else. That person will wrap the yarn around their wrist and share. Then, they will pass it to someone who has not received the yarn yet.
- Participants will continue passing the yarn and sharing in this way until everyone has had a turn. Have the last person who receives the yarn pass it back to the facilitator. At the end of the activity, the group will have formed an intricate web of yarn connecting them all together.
- Use scissors to cut the yarn and have everyone wrap a piece around their wrists as bracelets and reminders of the bonds they have formed or will continue to form moving forward.

VARIATIONS


- At the beginning of a session, use this as an icebreaker to help participants find connections to each other. Ask individuals to share something about themselves and the next person who catches the yarn must find a way to connect that fact to something about themselves.
- At the end of a program or workshop, ask each person to share their commitment to the group moving forward as they pass the yarn. After the web has been formed, ask individuals to drop the yarn and debrief what happens to the yarn when they do. Then, discuss the importance of commitment and relying on each other.
- Use this activity with an appreciation activity, like [Bonfire Buddies](#), or as a way for everyone to share their proudest moments with each other.



VARIATIONS *(continued)*

-  **Online:** To facilitate this activity virtually, use a collaboration platform such as a Google Jamboard or a Zoom whiteboard to write each participant's name and arrange the names in a circle. As participants share, have them draw a line connecting their name to the name of the next person who they want to share. Allowing participants to pick the color of their line can also make the web look really unique. [\[click here for video\]](#)
- For a variation to use in the storming stage, see [Anger Ball-Toss](#).

DEBRIEF QUESTIONS

- What:
 - What are some of the things you heard that stood out to you?
 - What different emotions did you experience throughout that activity?
 - So What:
 - How have we all been interconnected like this throughout our time together?
 - What does the web symbolize for our group?
 - Now What:
 - How will we use the knowledge we just gained to continue to better our team?
 - What actions will you take personally to make sure we stay connected as a team moving forward?
-  **Facilitator Note:** These questions can be used to guide a debrief, however, pick the questions that best match the group's experience and add or change questions as needed.