**TOWER BUILDING ACTIVITY**

1. Divide the group members in smaller groups, preferably 2-3 members per small group.
2. Place 8-10 gummy candies and approximately 20-25 toothpicks on a table in front of each group.
3. Give the teams the following instructions: “Using the supplies that I have placed on the table in front of you, build the tallest tower you can. The tower has to be able to stand up on its own without you holding it. Any questions?” Answer the groups’ questions to the best of your ability-you can make decisions on any additional rules you would like.
4. After the groups have been working for about 2-3 minutes, provide each group with some of the long shish kabob skewers.
5. Allow for he groups to continue working for 3-5 minutes before you give them a one minute warning.
6. Announce that building time is over and all hands must be off of the towers. Allow for a few seconds to see if the towers will stand.
7. Ask the group members what building the towers was like for them. How big of a tower could you have build with the supplies you had at the beginning? What was it like when I gave you more supplies?
8. Explain to the group members that this activity will be like your group experience. You already have a set of skills that we will use to build on. We are **NOT** going to treat you like you do not already have parenting skills. What we will do is provide additional skills so that you can build up your role as a parent.
9. (Important to stress this point) Parenting is something that we **DO** and not who we **ARE**. If it is something that we **DO**, we can learn how to do it in a different way. This program will focus on improving their role as parents and ways they can learn to nurture themselves as men and women.