



STOMPER

TYPE: Conflict Management

GROUP SIZE: Any

MATERIALS: Paper, Straws, Red Markers, Tape

INTRODUCTION: This activity will help group members confront one another about negative meeting behavior. It will also create an atmosphere that is conducive to open discussion.

DESCRIPTION: Construct mini/hand held stop signs. Instruct group members to raise their signs to indicate that an idea has been “stomped” or put down by another group member. The group leader should interrupt the meeting when a stop sign is used. Utilize this time to discuss feelings and redirect the group.

PROCESSING:

- How did you feel when you raised your stop sign?
- How did you feel when another group member raised a stop sign?
- What made it difficult to raise your stop sign?
- What did you learn when a stop sign was raised?
- (To someone who had a stop raised to them) How did you feel when you were confronted about a negative behavior?

VARIATIONS:

- Regulate the number of times that the stop signs can be used.
- Create reinforcer signs or use the back of the stop signs to respond to a positive idea.

OUTCOMES:

- Assists with conflict management
- Allows free flow of ideas
- Creates respect and positive attitudes between group members

REMEMBER:

- Introduce the exercise
- Explain it thoroughly
- Process it completely