



# The Pasta Project

**TYPE:** Communication Tool

**GROUP SIZE:** Any

**MATERIALS:** Toothpicks, Gumdrops, & Paper

**INTRODUCTION:** This exercise will be a fun activity that will help us understand differences, improve communication skills, and emphasize the importance of valuing all group members.

**DESCRIPTION:** Instruct group members to work together to build a structure out of toothpicks and gumdrops. Give each group member a role during the exercise ("You do not have the use of one of your arms," "You are deaf," "You may not speak during this exercise," etc.).

**PROCESSING:**

- How did your assigned role impact the successful completion of the project?
- What did you learn about other group members?
- How can you apply this exercise to your role?
- What did you learn from this activity?

**VARIATIONS:** If your group is large (more than ten), have two groups do the exercise simultaneously. Give one group fourteen minutes to plan and one minute to build and the opposite for the other group. This exercise is effective in exploring appreciation of differences, creativity, and interpersonal communication. The goal of this exercise is not to build a structure but to realize the importance of working with people from different backgrounds.

**OUTCOMES:**

- To create group synergy
- To facilitate an understanding of differences
- To stress the importance of communication
- To reinforce the need to include all group members

**REMEMBER:**

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