

Pick-Up Sticks as a Training Activity for Staff

Providing ongoing sensitivity training for staff working with children with special needs and adults with developmental disabilities on a regular basis lessens the risk of staff losing sight of the specific needs of each person. One game that is fun and also allows participants to reflect is an old fashion game of pick-up sticks. This game has been around for centuries and is both inexpensive and fun. This game can be conducted during staff meetings or your next staff development day.

Purpose: Enhance staff sensitivity towards people with disabilities, specifically fine-motor skills, cerebral palsy, eye-hand coordination, intellectual disabilities and learning disabilities.

Learning Objectives: As a result of this training

Instructions: Participants will grab all of the sticks and quickly release his/her hand and allows the sticks to scatter. Each participant will proceed to pick up the stick one by one using the black stick with the non-dominant hand. If any of the sticks move, the game stops and the next person will attempt to pick up all the sticks.

- Once the game is completed, Time should be given to discuss and reflect on the activity.
- ask the participants how they felt.
- Some of the feelings the presenter wants to encourage includes, frustration, slow, anger, and hopelessness.
- Ask- What was the purpose of this exercise.
- Some answers should include, to improve of understanding of what others are going through.
- Discussion should include next steps including, increasing patience.

Length of Training Session: 60 Minutes

Recommended Number of Participants: 3-15 people

Time: Allow each person 3 minutes to complete the task.

Materials: Pick- up sticks, timer