



# WEB OF SUPPORT ACTIVITY

**Focus:** Youth identify various sources of support in their lives

**Materials Needed:**

- A beach ball or other type of “blow-up” ball
- Enough yarn to make a web

**Activity Instructions:**

Have youth sit in a circle; then give one youth a ball of yarn. Ask that young person to name one person who supports her or him and how. Then ask the youth to hold the end of the string and throw the rest of the ball to another person on the circle. The youth who catches the ball of yarn should then name a person who supports her or him and how before holding an end of the yarn and throwing the ball to someone else. As the activity continues, a web that connects all the youth will appear. Make sure that all of the young people get to participate at least once.

After a web has been spun and youth begin to run out of people to name, explain to them that the beach ball represents young people and the web of yarn represents the support system made up of all the people they mentioned. Toss the beach ball into the web and encourage the youth to move it around without letting it slip through the gaps in the web. If the web cannot support the beach ball, continue listing additional supportive people and adding to the web (with each participant holding two strands) until the beach ball bounces easily without falling through.

**Discussion Questions:**

- How many different types of people did we name (family, friends, neighbors)?
- Is it more important to you to have lots of different people who are somewhat supportive of just a few who are very supportive? Why?
- What happens when the gaps in our webs of support are too wide?
- What attributes do supportive people have that are important to you?
- If someone you know seemed to need more support, how would you suggest that he or she find it?