

#I WILL BE THAT PERSON BREAKOUT

Breakout Objectives:

1. Team members will develop communication skills.
2. Team members will develop teamwork skills.
3. Team members will develop the ability to persevere through a difficult task.
4. Team members will develop inference skills.
5. Team members will learn problem solving and critical thinking skills.

Breakout Materials Needed:

- Two tool boxes for each group:
<https://www.dollartree.com/tool-bench-hardware-tool-boxes/240572>
- One Key lock for each group:
<https://www.dollartree.com/tool-bench-hardware-padlocks-with-keys/186639>
- One 5 letter word lock for each group:
https://www.amazon.com/Master-Lock-1534D-Password-Combination/dp/B000ONVJ2G/ref=sr_1_4?ie=UTF8&qid=1540206575&sr=8-4&keywords=5+letter+word+lock
- One copy of the Golden Gate Pledge Pass along card for each person in the group.
- One copy of the story or create your own. (2 options included)
- One copy of the QR code leading to the mentos movie
<https://www.youtube.com/watch?v=eY-HVurwGe0>
- 2 hasps for each group:
https://www.amazon.com/Master-Lock-Lockout-Tagout-Clearance/dp/B007NAFZU0/ref=sr_1_fkmr0_3?ie=UTF8&qid=1540572541&sr=8-3-fkmr0&keywords=breakout++hasps
- One roll of mentos “say hello” edition for each group:
https://www.amazon.com/Mentos-Chewy-Candy-Halloween-Pieces/dp/B0093JU06/ref=sr_1_1_a_it?ie=UTF8&qid=1540206748&sr=8-1&keywords=mentos%2Bsay%2Bhello&th=1
- One 3 digit lock for each group:
https://www.amazon.com/Yuauy-Resettable-Combination-Password-Suitcase/dp/B0721JXRHW/ref=sr_1_1?ie=UTF8&

Credits: Breakout created by Cynthia Cox, Golden Gate Toolkit Director, Golden Gate Movement 10/2018
Hint Cards downloaded from Teacherspayteachers.com Author: Thought Process

[qid=1540572090&sr=8-1&keywords=3+digit+resettable+combination+lock](https://www.amazon.com/dp/B002TSN4SQ?pf_rd_m=ATVPDKIKX0DER&psc=1&pf_rd_p=90cc9c48-c4b5-46f2-bc74-4c537b7e8d9a&pf_rd_r=fed903f9-fa3d-4a3c-b37a-70eec83a30e6&pd_rd_wg=zCeqN&pf_rd_s=desktop-huc-carousel&pf_rd_t=40701&pd_rd_i=B002TSN4SQ&pd_rd_w=l2pC7&pf_rd_j=desktop-huc-carousels&pd_rd_r=fed903f9-fa3d-4a3c-b37a-70eec83a30e6&ref=pf_rd_crh_crh_bxgy_02_01_t_img_lh)

- One direction lock for each group:
https://www.amazon.com/dp/B002TSN4SQ?pf_rd_m=ATVPDKIKX0DER&psc=1&pf_rd_p=90cc9c48-c4b5-46f2-bc74-4c537b7e8d9a&pf_rd_r=fed903f9-fa3d-4a3c-b37a-70eec83a30e6&pd_rd_wg=zCeqN&pf_rd_s=desktop-huc-carousel&pf_rd_t=40701&pd_rd_i=B002TSN4SQ&pd_rd_w=l2pC7&pf_rd_j=desktop-huc-carousels&pd_rd_r=fed903f9-fa3d-4a3c-b37a-70eec83a30e6&ref=pf_rd_crh_crh_bxgy_02_01_t_img_lh
- Copy of the puzzle created at:
<http://puzzlemaker.discoveryeducation.com/LetterTilesSetupForm.asp>

Estimated Time:

Set-up Time: 30 minutes

Activity Time: 45 minutes

Breakout Overview:

In this activity, team members are figuratively locked in a room and need to solve the puzzles in order to open the locks and “break out”. This activity fosters soft skills including communication, perseverance, teamwork and creativity.

Set-up/Preparation:

- Read the instructions for each of your locks and set them.
 - ◆ Word lock set to IWILL
 - ◆ 3 digit lock set to 151 (This number will be on the mentos, but is also the length of the mentos movie)
 - ◆ Direction lock set to L-R-U-D-U-D-U-D-R-U-D if you use the “No Matter the Struggle” story OR R-U-L-U-U-U if you use “Graduation Day” OR you can use a story from your work place and set the lock accordingly.
- Unroll the mentos wrapper part way and with a contrasting color pen, write 151 on the inside of the wrapper. Tape it back up. OR Highlight the numbers 151 from somewhere on the outside of the wrapper.
- Place the mentos in one of the boxes. Tape the QR code to the inside of the

box. Close the box and place the word lock on it. You may need a hasp if the lock is too big for the lock hole.

- Place the “We Broke Out” signs and whatever your prize is, inside the other box. Place a hasp and place the other three locks on this box.
- Hide the story somewhere in the room where your group will be working.
- Hide the key somewhere in the room where your group will be working
- Go to <http://puzzlemaker.discoveryeducation.com/LetterTilesSetupForm.asp> and create the puzzle that will describe where the key is hidden. Hide this somewhere in the room as well.
- Set up enough boxes for the number of groups that you will have.
- Print our hint cards and place two with the Golden Gate Pledge Card.
- Prepare the scenario. Either this can be written and handed to each group, or it could be read aloud.
- Go to youtube and find a 45 minute timer you can project as your group works. This is an example. <https://www.youtube.com/watch?v=7BB0cEV5Ca4>

Breakout Details:

There has been a merger. Goldenzone has purchased the company Silvergreen. The merged company will continue under the Goldenzone name. There are discussions happening at one watercooler among previous Silvergreen employees and discussions at another watercooler among previous Goldenzone employees. There is a decrease in productivity and everyone is walking around on eggshells. Cuts to staff are rumored. The CEO of the company has given your team (which consists of some employees who previously worked for Goldenzone and some employees who previously worked for Silvergreen) this Golden Gate Pledge and two boxes and told you that you have until lunch to open the boxes.

Start the timer! The hardest thing to do here is to keep your mouth closed. Let them struggle, let them try something that won't work. If teams need, they may use a hint card. Do not give the answer, just a hint.

Breakout Discussion:

1. What did your team do that worked? What did your team do that didn't work?
2. How did you contribute to your team?
3. Describe how another member of your team exemplified leadership?
4. How did your group utilize each members strengths?
5. What was the most challenging part of this activity? How did your group work to overcome that challenge?

No Matter the Struggle, There is a Solution

I was recently diagnosed with a devastating disease. It was impacting every aspect of my life. It was affecting my ability to do my job. It affected my left hand, which happens to be the one that I write with, making day in and day out tasks very difficult and time consuming. It was affecting the way people responded to me and I was devastated. This disease will be with me up until the time that I pass. There is no cure. I was down in the dumps and feeling alone. I was struggling to understand what was happening to me and how it would affect me and my family for the rest of my life.

One day, something happened. Someone needed me. When I reached outside myself for a few minutes, I felt some hope and some happiness. I started to realize that when I was focused on my problem, it was as though my hand was up in front of my face. I could only see my hand and I had a hard time seeing how life could go on with this disease. But when I took it down and put it into perspective, I could see the good things happening. I could see how I could help lift others up and in so doing forget for a moment my own problem.

One day, I was talking with a group of my co-workers. I shared with them this analogy I had experienced of moving my hand from in front of my face and putting my problem into perspective. By putting it down and in perspective, I didn't get rid of it, but from arms length, I could better deal with it. I felt peace and happiness.

This week an amazing thing happened to me. I was working in my office, when one of my coworkers came right in and sat down. I asked how I could help. From outward appearances, this co-worker had the world wrapped around her little finger. She was beautiful, happy and a go getter. She told me of years of abuse and how dealing with that abuse was consuming her. She told me at one point she contemplated ending her life and had planned it all out. I asked her what made her change her mind. Slowly she put her hand up in front of her face and then moved it down. "You did" she said. "Thank you." And with that she walked out and went back to work.

Story has been adapted from Gus Wiggins via personal interview October 2018

Graduation Day

One day, when I was a freshman in high school, I saw a kid from my class walking home from school. His name was Kyle. It looked like he was carrying all of his books, and I thought to myself, "Why would anyone bring home all his books on a Friday? He must really be a nerd."

I had quite a weekend planned (parties and a football game with my friends tomorrow afternoon), so I shrugged my shoulders and went on. As I was walking, I saw a bunch of kids running toward him. They ran right up to him, knocking all his books out of his arms and tripping him so he fell. His glasses went flying, and I saw them land in the grass about ten feet down from him. They left him sitting in the dirt.

Then he looked up, and I saw this terrible sadness in his eyes. My heart went out to him. So, I jogged over to him and as he crawled around looking for his glasses. I saw a tear in his eye. As I handed him his glasses, I said, "Those guys are jerks. They really should get a life."

He looked at me and said, "Hey thanks!" There was a big smile on his face. It was one of those smiles that showed real gratitude. I helped him pick up his books, and asked him where he lived. As it turned out, he lived near me, so I asked him why I had never seen him before. He said he had gone to private school before now. I would have never hung out with a private school kid before. We talked all the way home, and I carried his books.

He turned out to be a pretty cool kid. I asked him if he wanted to play football on Saturday with me and my friends. He said yes. We hung all weekend and the more I got to know Kyle, the more I liked him, and my friends thought the same of him. Monday morning came, there was Kyle with the huge stack of books again. I stopped him and said, "Boy, you are gonna really build some serious muscles with this pile of books everyday!"

He just laughed and handed me half the books. Over the next four years, Kyle and I became best friends. When we were seniors, we began to think about college. Kyle decided on Georgetown, and I was going to Duke.

I knew that we would always be friends, that the miles would never be a problem. He was going to be a doctor, and I was going for business on a football scholarship. Kyle was valedictorian of our class and I teased him all the time about being a nerd. He had to prepare a speech for graduation. I was so glad it wasn't me having to get up there and speak.

On Graduation Day, I saw Kyle. He looked great. He was one of those guys that really found himself during high school. He filled out and actually looked good in glasses. He had more dates than me and all the girls loved him. Boy, sometimes I was jealous. Today was one of those days.

I could see that he was nervous about his speech. So, I smacked him on the back and said, "Hey, big guy, you'll be great!" He looked at me with one of those looks (the really grateful one), and smiled. "Thanks," he said.

As he started his speech, he cleared his throat, and began.

"Graduation is a time to thank those who helped you make it through those tough years. Your parents, your teachers, your siblings, maybe a coach... but mostly your friends. I am here to tell all of you that being a friend to someone is the best gift you can give them. I am going to tell you a story."

I just looked at my friend with disbelief as he told the story of the first day we met . He had planned to kill himself over the weekend. He talked of how he had cleaned out his locker, so his Mom wouldn't have to do it later, and was carrying his stuff home. He looked hard at me and gave me a little smile.

“Thankfully, I was saved. My friend saved me from doing the unspeakable.” I heard the gasp go through the crowd as this handsome, popular boy told us all about his weakest moment. I saw his Mom and Dad looking at me and smiling that same grateful smile. Not until that moment did I realize its depth.

Never underestimate the power of your actions. With one small gesture you can change a person's life. For better or for worse. We are in each other's lives to impact one another in some way. Look for good in others.

“Friends are angels who lift us to our feet when our wings have trouble remembering how to fly.”

~Author Unknown



Watch this.....

Then give it a try!

A close-up photograph of a wooden box with two brass hinges. The hinges are mounted on the lid and the base of the box. The wood is light-colored and shows some wear and tear, particularly around the hinge area. The hinges are made of brass and have a decorative, slightly ornate design. The lid is slightly open, revealing the interior of the box.

We Broke
Out!!!

