

## Healthy Relationships



**Say to Child:** Your relationships can only be as healthy as you are. In this activity, you will be working with your family and/or friends on building a strong spaghetti and marshmallow tower. Up for the challenge?

## Spaghetti and Marshmallow Tower

### Materials:

- Uncooked spaghetti noodles
- Marshmallows
- Timer

### Instructions:

- Depending on the size of your group of family and/or friends, split up into two or three teams.
  - Make sure it is even with age level. Have at least one adult and/or young adult grouped with younger children
- Give each group a box spaghetti and a bag of marshmallows
- Then, explain to each group that they will be given 10 minutes to construct a tower out of spaghetti and marshmallows as tall as they can
- Once all groups understand this objective, countdown from 3.2.1 and start the 10 minute timer
- When the timer starts, all groups are able to touch their materials and build their tower
- Whichever team gets the tallest tower within that 10 minute time-frame wins



**Reflection:** Explain to child(ren) that this activity is to promote teamwork and problem solving. Discuss with child(ren) how did this activity establish teamwork and problem solving. What was the group dynamic like? How did everyone communicate among one another? Were there any challenges and/or frustrations?