**‘String Theory of Connectedness”**

**Space Requirements**: Anywhere

**Equipment**: Ball of String (make sure is not tangled)

**Group Size**: 2+

**Alternative:** This activity can be done for any subject or topic. You just change the question around to figure out who can all relate. Topics can include, self-advocacy, system change, teamwork, bullying, goal setting, problem solving, etc.

**Accessibility:** They may need assistance holding the string encourage them to ask for this.

**Program Goals**:

* + 1. Give students a chance to identify a strength or passion
    2. Focus on our similarities rather than differences
    3. Talk about community

**Preparation**:

Have group stand or sit in a circle

**Instructions:**

Facilitator identifies something that he/she is passionate about, and holds on to one end of the ball of yarn. She/he then asks “who else here is passionate about, cooking.” Ask participants who share this passion to hold up their hands if they share this passion. The facilitator then chooses on person to toss the ball of yarn to (make sure to let them know that it is encouraged to disclose an accommodation need if they have to). Then this person identifies his or her passion, holds on to a piece of the string then toss the ball on to someone else with their hand raised. Continue until all have participated.

**Discussion**

Have everyone hold up the hand they are holding their piece of string in. Note how we have created a web and that we are all connected together by the string.

Talk about that regardless of our disabilities, gender, age, race, or where we are from we are all connected, and that is why we make a strong community. Encourage participants to remember that in the future, that if one of us is fighting for a cause, then we are all fighting for a cause, because we are all connected together. Shake one of the strings and point out how the person across the web’s string shakes too. This illustrates how in a community, if one person is ‘shaken’ or discriminated against, then it affects all of us.