

COOL TOOLS

The Cup Dance

What you'll need:

- Plastic cups
- Table or solid surface

Purpose of Activity:

To illustrate the challenges of juggling priorities and the effect emergencies have on a budget.

Activity Instructions:

Part one:

Clap hands twice

Tap cup three times with first two fingers

Part Two:

Clap hands once

Pick cup up with right hand and move it over to the right

Part Three:

Clap hands once

Scoop cup with right hand upside down

Hit top of cup into left hand

Slam cup bottom on table

Turn cup so that the bottom fits into left hand

Slam right hand down on table

Cross left hand over right arm and set the cup down to the right

CONTINUED

Activity Instructions (con't):

Demonstrate the entire pattern for your group. Then teach one section at a time, allowing students to practice before learning the next section.

Once the group has learned it, gather them together around a table and begin to “dance” the cups from person to person. As participants “dance” the cups, lead them by repeating the rhythm out loud. Start slowly, gradually increasing the speed of the rhythm.

Debrief Questions:

Was this a new skill for you?

How did you feel while learning this new skill?

What else did you notice about the activity?

How did you feel once you successfully learned the skill?

How did adding/removing the cups change what you did?

What could we have done to prepare you for the additional cups?

How does this activity relate to managing money?



Questions?

Contact us at
800.970.OKMM

www.oklahomamoneymatters.org