

Power Grab

What This is an activity that is intended to show the effects of power on a group.

When It can be used when the effects of power may need to be discussed by a group.

How 1. **Gather the Materials:** This activity requires a regular newspaper. One page for every four individuals.

2. **Prepare the Group:** Divide the group into groups of four (or less). Separate the newspaper providing each group with one sheet. Have each member hold a corner of the page between two fingers of one hand.
3. **Instruct the Group:** Say the following; "The newspaper you hold represents "power". When I say go each of you are to try to get as much power as you can using only the one hand that currently holds the paper." Then quickly say: "GO." (someone in each group usually yanks the paper out of the hands of the others getting most of it.
4. **Debrief the Group:** Ask the group the following questions as a way to debrief them and learn something of power.
 - a. How did you feel before I said go?
 - b. How do you feel about how much power you received?
 - c. To those who got a big chunk of power: How do you feel about those who received less than you?
 - d. To those who got the least power: How do you feel about who got a lot of power?

Caution: Some people do not buy into the power metaphor. If this is the case for your group set up the example so that those that get the most power get to make decisions for the group: e.g. They get to assign who will clean up the room after training or determine who will bring snacks for the group.