



YARN TOSS PROGRAM

The first person starts by tossing a ball of yarn to a member as they sit in chairs in a circle. When you catch the ball of yarn, it's your turn to tell (to spin a yarn) about why you joined TOPS or what you have learned since joining TOPS, or something you're proud of since joining...etc...If you don't have much to say, you could just recite the pledge or discuss a problem your having in regards to weight loss. Keep your comments short and sweet and when you're done, hold on to the string of yarn with one hand and toss the ball of yarn to someone else. Then it's their turn to speak. At the end, when the ball is finished, each member should be holding onto some part of the yarn, thus making it a huge web in the middle of the circle. The significance of the web is the network of support you gain from your Tops chapter and fellow members. This is an effective program for members who are helped with the visual aspect of a program. It's also heartwarming to hear everyone's stories, failures or successes