

Conflict

Collaboration and Working Together: Tied At The Wrist

Brief Description/Purpose

Fun exercise that involves working together that relies on movement and physical activity.

Type

Movement, physical activity, pairs

Age Appropriate

Children, Teens, Adults

Ideal Group Size

Any size where there is enough space since this is a pairs exercise.

Time For Exercise

20 to 30 minutes

Topic/Subject

Collaboration, Team building, communication, working together

Detailed Instructions If Needed

Brief Description/Purpose

A great exercise to explore how ambiguous words are, and can be used in both conflict and communication seminars. It's fun too, and often results in a lot of laughter. Can be used in pairs, or as an exercise in front of the entire group.

Type

Drawing

Age Appropriate

Teens, Adults

Ideal Group Size

Can be used in pairs, OR as an exercise in front of the entire group.

Conflict

Time For Exercise

15-30 minutes

Topic/Subject

Conflict, communication, language

Detailed Instructions If Needed

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Drawing

Age Appropriate

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Time For Exercise

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Topic/Subject

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Detailed Instructions If Needed

Have groups break into pairs.

Have the pairs bind one of their hands to the other's (provide some string or rope or other means to do so).

Have each pair do a task that involves working together.

- Mixing some sort of drink.
- Serving coffee to another person in the group.
- Assembling a house of cards.

Conflict

The task is irrelevant but it should require movement and working together to achieve the task.

Once they are finished here are some debriefing questions:

Debrief Questions

- **Were you successful at completing the task?**
- **Did any group get stuck or give up? Why?**
- **What's the role of verbal communication in collaboration?**
- **What worked and didn't work in terms of communicating to get the task done?**
- **Can you think of examples from your work experience where collaboration succeeded, or failed? What made the difference?**
- **What did you learn about collaborating?**

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