



Self-responsibility: Moving Forward

Age: 8+
Group Size: 8-15 (or in several groups)
Time: 20 minutes

Objectives

- To explore self-responsibility in a co-operative task
- To be conscious of one's own role in a group

Step-by-step instructions

1. Mark two lines with a distance of approximately 5 meters.
2. Ask participants to line up in one row behind one of the lines. Their feet must touch the feet of the 2 people standing next to them.
3. Explain that it is their task to reach the other line. The only condition is that they can never lose touch with the feet of the people next to them.
4. If anyone is not touching the feet of their neighbours anymore, they have to go back to the starting line.

Debriefing

- What did you do?
- Was it easy or difficult? Why?
- How did you communicate during the exercise?

Self-responsibility: Helium Stick

Age: 8+
Group Size: 8-10
Time: 20 minutes

Objectives

- To explore self-responsibility in a co-operative task
- To be conscious of one's own role in a group

Materials

- A light weight stick (e.g. bamboo garden cane), approximately one meter long

Step-by-step instructions

1. Ask participants to line up in two rows facing each other and to hold out their arms and index fingers.
2. Place the stick on their fingers. Get the group to adjust their fingers until the stick is horizontal and everyone's index fingers are touching the stick.
3. Explain that the challenge is to lower the stick to the ground, while everyone's fingers are in contact with the stick at all times. Pinching or grabbing the stick is not allowed – it must always rest on top of the fingers. If anyone is not touching the stick anymore, the task will be restarted.

Debriefing

- What did you do?
- Was it easy or difficult? Why?
- Who was responsible for bringing the stick down?
- How did you communicate during the exercise?