Title: Four up!

Exercise Code:

|  |  |  |
| --- | --- | --- |
| Modules: | Group size: | Duration: |
| 1. Social Learning  8. Situational Awareness | Small group  Large group | 15 min |

# Purpose:

This exercise shows that it is possible to co-operate with others without even talking.

# Description:

• The participants all sit in a circle.

• Explain that you are taking them to a strange planet with a very strange atmosphere. In this atmosphere they cannot speak, as sound does not travel. The planet also has a very weird gravity system. Only four people can stand up at once. It is also impossible to stand for more than ten seconds.

• The challenge for survival on this planet is for the group to keep four people standing up all of the time, for not more than ten seconds each. The group will need to co-operate using non-verbal communication.

# Material:

a chair for each participant

# Methods:

# Advice for Trainer:

# Source/Literature:

# Handouts:

# Contributor: ECC