

# **The Personal Development NLP Career And Team Building Network**



**Bound To Succeed**

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**Photo by Rick McCharles**

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|--------------------------|-----------------|
| <b>Activity</b>          | Ice Breaker     |
| <b>Participants</b>      | 6 – 100         |
| <b>Length of session</b> | 15 – 30 minutes |

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### **Outline**

This is a fun, gentle physical opening activity designed to encourage teams to break down barriers and to get them working together to solve a given problem. This exercise will ensure that all participants are involved. It can be used a fun icebreaker leading to discussions on teamwork, leadership and communication or to further team activities.

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### **Equipment**

Ensure that there is adequate floor space for all participants to stand in circles of between 6 – 10 participants per team.

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### **Running the Activity**

1. Ask each group to stand in a close circle facing each other.
  2. Ask all the participants to hold out both hands in front of them and move forward until they can touch the hands of the participants opposite.
  3. Get everyone to entwine their arms with each others in the centre of the circle and hold onto someone else's hand with each of their hands. Participants should not be holding both hands of the same person.
  4. Now working together as a team, the group must now untie their hands by passing over and under each other's arms until they have once again formed a circle.
  5. No-one is permitted to let go of a hand.
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## Helpful comments

Sometimes groups will not be able to untangle their hands. If this happens, let your timetable and the participants' reaction decide when you end the exercise.

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## Evaluation and Conclusions

If the group has succeeded you can discuss:

- Teamwork In order to succeed and solve the problem everyone had to get involved.
- Leadership Did anyone in the group assume control and direct activities?
- Communication How did the group decide on their plan of action?

If the group did not manage to disentangle themselves, you can discuss:

- Was the task achievable?
- Did the group have enough time or would they have succeeded given more time?
- How would they do things differently if faced with the same task?

If you have enjoyed using this icebreaker and would like to find more useful free team building activities, resources and articles, visit <http://www.the-personal-development-nlp-career-and-team-building-network.com>

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