

Team-Development Program 12 people (60 mins)

1. Mirror Stretch – active partner exercise which sharpens observation skills
2. Everybody Up – series of partner & small group physical challenges
3. Pairs Compass Walk – sharpens awareness & directional skills
4. Group Compass Walk – great follow-up to Pairs Compass Walk involving whole group
5. Paired Share Debrief – non-threatening opportunity to share what was learned in session

Props – none required

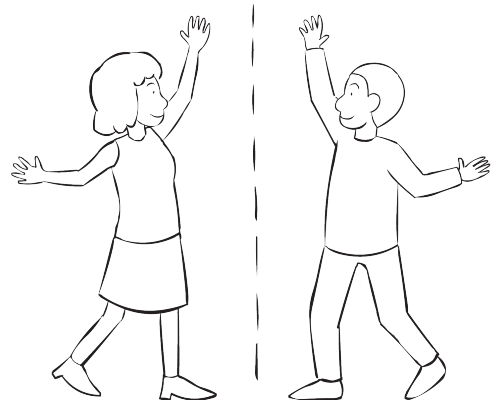
Step-by-step instructions for each of these activities are provided below.
To view video tutorials, practical leadership tips & popular variations, click the links above.

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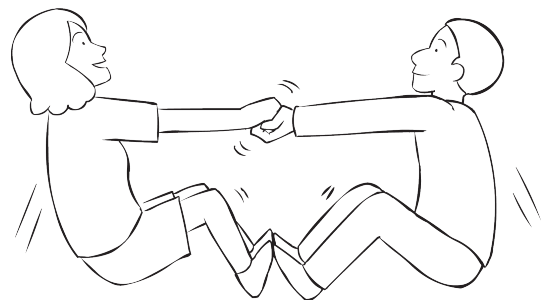
1. Mirror Stretch (3 mins)

1. Ask everyone to find one other person to form a pair.
2. Standing and facing their partner about a metre apart (3'), one person initiates a series of zany movements.
3. The other person attempts to mimic the movements of their partner as if they were a 'mirror.'
4. Swap roles after 30 seconds, and then swap partners.



2. Everybody Up (15 mins)

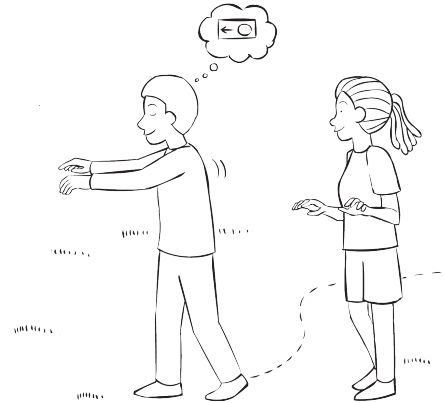
1. Ask your group to form into pairs, preferably with someone of the same size.
2. Instruct each pair to sit facing one another, the balls of their feet touching, knees bent and hands tightly grasping their partner in front of them.
3. From this seated position, invite each pair to simultaneously lift themselves into an upright standing position.



- Next, ask two successful pairs to join hands and attempt the same task as a group of four.
- Then ask two groups of four people to become a group of eight people, etc.
- Finally, the whole group joins hands, and attempts to lift themselves off the ground simultaneously.

3. Pairs Compass Walk (15 mins)

- Ask your group to form into pairs.
- One person identifies an object that is at least 50 metres away.
- This person will then close their eyes, or put on a blind-fold, and aim to walk in a straight line directly towards the object, stopping in front of it.
- Instruct the sighted person to walk silently behind their partner to prevent the latter from hitting any unforeseen obstacles.
- Ask the pairs to note the results of each attempt they make, observing accuracy, biases, etc.
- Swap roles and repeat several times.



4. Group Compass Walk (20 mins)

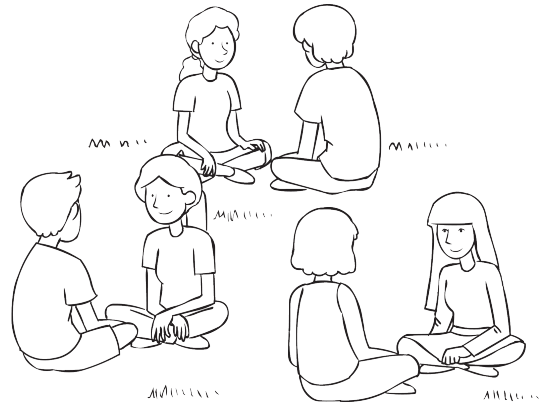
- Following on from Pairs Compass Walk, position your group at one end or edge of a wide open space.
- Nominate a specific object at the opposite end of the space, approx 50 to 100 metres away, eg a tree, door.
- Explain that your group's task will be to walk in a straight line to this object with their eyes closed, stopping just short of the object.
- The group must remain in total physical contact with one another at all times.
- The group may stop and start as often they choose along their journey, and may communicate the whole way, but they can never open their eyes.
- When the group decides that it has reached its target, ask everyone to keep their eyes closed and point in the direction of where they personally believe the object is situated.
- Finally, ask everyone to open their eyes.



5. Paired Shares (7 mins)

- Ask your group to form into small groups of two or three people.

2. Pose your question, and invite each person to share their response(s) with their partners.
3. Continue to ask questions, or swap partners.

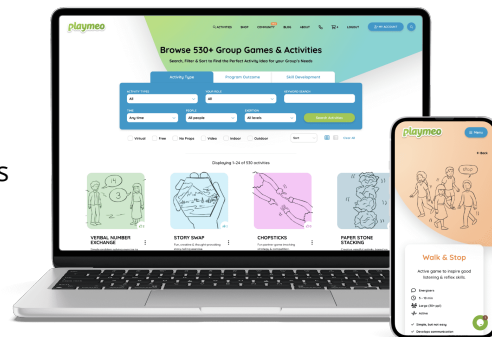


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