



**AIM:** A fun energizer where the participants have to move a bit around, showing how we are dependent on each other.



**Participants:** 10-20, if there are more participants in the group the exercise can be done in smaller groups.



**Duration:** 15-20 minutes, depending on the number of participants.



**Required Material:** A room big enough for the participants to move a bit around.



**Category:** Ice Breakers exercise / Energizer

<b>STEPS</b>	
<b>Preparation</b>	Tell the participants to spread out in the room standing.
<b>Activity</b> (10 - 15 minutes)	<p>Instruct the participants to silently select two other people with whom they would like to form a triangle with, without telling who they have chosen.</p> <p>The task now is to form a triangle where each side has the same length. No one is allowed to talk (tell who they have selected) but will move around in silence until everyone has managed to form their triangle. Sometimes the right number of triangles are form other times not. You can try and do the exercise a few times where participants will choose new persons in focus for their triangle.</p>
<b>Reflection</b>	<p>Though we don't necessarily know it we are very dependent on each other.</p> <p>We communicate in many other ways than verbally.</p>