



**AIM:** The aim of the exercise is to break the ice through laughter and movement which strengthens the energy and spirit within the group.



**Participants:** 15 – 30



**Duration:** 5 – 10 minutes



**Required Material:** none



**Category:** Ice breaker exercise / Energizer

## THINGS TO CONSIDER

Consider the amount of time you have and, if time permits, you can use this exercise as a way of asking the participants a few questions for reflection or to ease into the next subject.

## STEPS

### Preparation

Ask the participants to stand in a circle.

### Activity (10 - 15 minutes)

All participants stand in a circle, raising the index finger of their right-hand, they all point into the air.



Their left hand, flat with fingers stretched out, is placed an inch or so above their neighbour on their left's lifted and pointing index finger.



The facilitator counts down: 3,2,1 now! On 'now', everyone tries to catch their neighbor's finger with their left hand, while at the same time trying to avoid their own right-hand index finger being caught. You can increase the level of difficulty by counting down at different paces. Participants can also take turns to count.