



AIM: A fun and challenging energizer showing how we can communicate without seeing each other.



Participants: 10 – 15, if more, the exercise can be done in smaller groups



Duration: 15 – 20 min, Depending on the number of participants



Required Material: none



Category: Ice Breaker exercise / Energizer

STEPS

Preparation

The group should stand in a circle facing away from each other. This is so that no one can see each other.

Activity (10 - 15 minutes)

Tell the group that their task is to count to 10 together, starting from 1 ending at 10. Only one person can say a number at a time. One person cannot say two numbers in a row. There is no fixed order on who will begin. If two persons end up saying the same number, the group will have to start over again.

When the group has tried a number of times they might have found a system to reach the goal of counting to 10 for example a system for who says which number.

Variation

Depending on the size of the group they could also count to the number they are in total, so each person will have to say one number each.

Reflection

How was it to cooperate when not seeing each other?