

Title of the activity : Problem solving - Boosting trust

For who : 10+

Duration : 10 mn

Number of players : 3 and more

Place : outside/inside

Characteristic :

- cheap
- transportable
- boosting trust

Type of game : problem solving

Educational interest :

- boosting trust
- convergence group

Materials :

- nothing

Goal : Boosting trust in the group, Team building

Method :

1. Make groups of three people. Two people stand facing each other with a distance of about 1 meter. The third person is standing in the middle between the other two. The person in the middle has to tense his body and keep himself in a straight position. The persons who are enclosing him have to move him carefully - while one of them is pushing him the other one has to catch him and the other way round.
2. More difficulty: increasing the distance between the partners, adding more partners (then the person in the middle moves making a circle).

Link or picture :