

HELIUM STICK

Core Values Activity

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Materials

A long, light rod, such as a tent pole (the kind that unfolds and connects to itself to make one long rod)

Alternatives: yard stick/meter stick

Setup:

Place the rod on the floor, and have your team make two equal lines on each side, facing each other. Have the team members form their hands into fists with their index fingers out straight, each pointing at the person across from them. Pick up the rod and have the team members move their hands forward so their index fingers are all in line. Then place the rod across everyone's fingers.

Instructions to the team:

Everyone must keep their index fingers touching the rod on the underneath side. No one can use any other fingers (or thumbs) to help. Everyone must keep their index fingers straight (no curling their fingers around the rod). Now, as a group, lower the rod to the ground.

Variations:

Have each team member use only one hand.

Discussion:

At first the rod may seem to rise, even though the team knows the objective is to lower it. How many tries did your team take to cooperate and work together to lower the pole to the ground?

This challenge requires everyone on the team to work together as a group. Everyone has the same role. That makes this an especially good challenge if your team dynamic has involved one person consistently stepping forward to claim a leadership role, or a person who shrinks back and does not always actively participate. Did your usual team leaders or introverts stick to their accustomed roles, or did the team dynamic change?