

YOU SHOULD STAY!

EXAMPLES OF EXERCISES THAT PROMOTE DIALOGUE AND SOCIABILITY:



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FLOOR IS LAVA

1 A group of people has to cross a determined area without touching the floor directly. To get across the area tools can be used such as: newspapers, tables, chairs, and other different objects. All members of the group have to reach the finish point without falling or touching the floor, otherwise the whole team has to start from the beginning.

Outcome: Team building and problem-solving, collaboration and taking care of everyone in the group.



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MARSHMALLOW CHALLENGE

2

Divide the group into small teams. Each team has to build the tallest tower possible using the following resources: 20 spaghetti, 1 meter of adhesive tape, 1 meter of rope and 1 marshmallow. Time limit: 20 minutes.

Outcome: Teamwork, learning how to work together under pressure, planning and executing ideas, having fun.



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MOVE THE BLANKET

3

Form teams of 6 people each. This game consists of a volleyball game but instead of using your hands to pass the ball, each team has to hold a big blanket and every participant would be holding it without letting it go. The teams should grab and pass the ball to the other side by using only the blanket. The ball should not touch the ground, it should pass the net and it should only be passed within the court limits. The first team that gets to 15 points wins the match.

Outcome: communication, cooperation, consider everyone's abilities.



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PUZZLE IN THE PARK

4

Participants are divided into four teams, and the aim of the game is to find, in the shortest time possible, pieces of the puzzle that are hidden in the park. One of the participants should be blindfolded and guided by a teammate who is holding the map with the instructions to find the missing pieces. At the end of the game, the puzzles will form 4 words that express the concepts of good communication: Respect, Empathy, Openness, and Understanding.

Outcome: cooperation, dialogue between teammates.



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THE LINE

The group should be formed by at least 5 people. You should paint a line on the ground (at least 5 cm wide). All the participants will be both feet on the line and facing the same direction.

The aim of the game is to switch the position of all participants from the first to the last one like a mirror. There are two important rules: no touching each other, and to always have a foot on the line. If the participants don't respect one of these two rules, the whole group should start all over again.

Optional: you can set a time limit or mute/blind some of the participants.

Outcome: cooperation, teamwork



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COPYCAT

6

Participants should be divided in two teams, and each should make a simple construction from Lego blocks. Then, each participant from each team will have 10 seconds to memorize the other team's construction, and then 25 seconds to explain all the details to his/her teammates. The team will have 1 minute to build the explained figure. The action can be repeated as many times as the participant decides. The first team that recreates the construction correctly wins.

Outcome: communication skills, cooperation.



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