

Title

Crossing the marsh

Source

Method presented during the International Trainers Laboratory, October 2001

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Field/Content

Energizer

Duration

About 15 minutes

Participants

Open – just change the setting accordingly (see below).

Aims

To break the ice and energize the group

To develop cooperation in the group

Materials / Resources

Sticky-tape, some A4 sheets of paper or small boards

Preparation

Prepare the field as described below.

Methodology

Use sticky-tape to mark out an area of roughly 5 m², which will be the “marsh” that the players have to cross. To get across, they must step on A4 sheets of paper or small boards. If one player accidentally steps in the marsh, the whole group must go back to the beginning. The boards sink as soon as they are no longer in contact with a hand, a foot or another part of the body (e.g. nose). If a board sinks, the whole exercise must be started all over again. Or else the trainer can take the sinking board away (though this might make it too difficult). The number of boards at the start of the game is 4 for a group of five or five and six for a group of seven or eight.

Evaluation / Debriefing

The evaluation can take into account whether the group managed the exercise or not, the number of attempts, the time taken and creative ways of achieving the goal.

Variants