

Title

Monsters with 3 feet and 4 hands

Source

Method presented during the International Trainers Laboratory, October 2001. For further information on the International Trainers Laboratory, please contact IJAB, Kerstin Giebel, E-Mail: giebel@ijab.de.

Field/Content

Energizer

Duration

About 10 – 15 minutes

Participants

10 and more

Aims

To break the ice and energize the group
To develop cooperation in the group

Materials / Resources

None

Preparation

None

Methodology

The team must work together to build a single monster. Only three feet and four hands are allowed to touch the floor. The monster must measure at least 1.5 metres with all players touching each other and no extra equipment used. The exercise can be varied depending on the number of players and level of difficulty by changing the number of feet and hands allowed to touch the floor.

Evaluation / Debriefing

The evaluation will take into account how successfully the monster has been built and perhaps also how fast it can move along.

Variants