

Training Programme

Putting ideas into practice

Day **5**

1 Triangles

Warm Up Exercise

10 min

Useful for:

Warming up, engaging physically, socially, and intellectually, reconnecting.

Resources needed:

None

Room layout:

Clear open space

What happens?

Participants walk around the room filling all the spaces. As they walk around, they should choose two people in the room. They should not let the people they have selected know that they have been chosen. Each participant then, as they walk about, tries to ensure that they form a triangle of equal sides between themselves and the two other people they have selected. As the two other people will have made their own choices and will be moving around trying to form their own triangles of equal sides, everyone will find themselves constantly moving. Slowly a resolution is found and people slow down and stop. When everyone stops moving, stretch your hands towards the two persons so as to form the triangle.

Notes for facilitators:

Get participants to reflect on how easy or hard the exercise was, and what skills they needed to be successful at it.



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