

Training Programme

Additional exercises

Day (X)

1 Crossing the bridge

Warm Up Exercise

20 min

Useful for:

Building a strong bond within the group.

Resources needed:

Masking tape

Room layout:

Clear open space with two lines running in parallel dividing 30 cms apart.

What Happens:

Divide participants into two groups, lined up one behind the other on the end of the two lines (the 'bridge'). The groups are facing each other. Tell participants their task is to switch places without falling off the bridge. They cannot step outside the lines. If someone steps outside the lines – falls off the bridge – they will have to line up and start again. Tell participants that they have five minutes to complete the task. The first team to get everyone across the bridge will be the winner. After five minutes, when they have not completed the task. Tell the participants to return to their side of the bridge and develop a strategy. After a few minutes, tell them to start again and let them try another few minutes.

Reflect on the experience with the whole group following questions like:

- How did the activity feel?
- Was it hard or difficult?
- Was it hard to balance the need for co-operation and the need for competition?



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