

## Activity: Wooden Skis

### Skill: Communication

#### Process/Rules:

- Participants need to be split into teams of 5
- Participants must develop their own distinct pattern of walking and their own chant in unison to navigate their way from Point A to Point B.

Explanation: Communication is like dancing. One must find their beat and rhythm when communicating – this is crucial to organizational, personal and social success. One must observe and adapt to the lull in the choreography or change in direction, just like in conversations.

### Skill: Vision/Goal Setting

#### Process/Rules:

- Participants need to be split into teams of 5
- Facilitator need develop a diagram listing very specific directions of how participants must get from Point A to Point B on the designated course. Every 5 minutes a different person is assigned as the leader. No one else is allowed to speak.
- Ex. Every 3<sup>rd</sup> step, the group must fully lift the right ski off the ground; every 4<sup>th</sup> step, the whole group sings "Happy Birthday." Participants must also follow the map outlining full directions on how they must navigate their way through the course.

Explanation: Beginning with the end in mind is an important practice. Individuals will gain practice in articulating their vision for success.

### Skill: Trust

#### Process/Rules:

- Participants need to be split into teams of 6
- All participants must wear a blindfold
- One person is assigned the lead communicator
- Group members on the ski's must listen to this person for direction on how to get from Point A to Point B

Explanation: We must trust our designated team leader to get us where we need to go. It's important to let go of the reins sometimes and trust the process.

