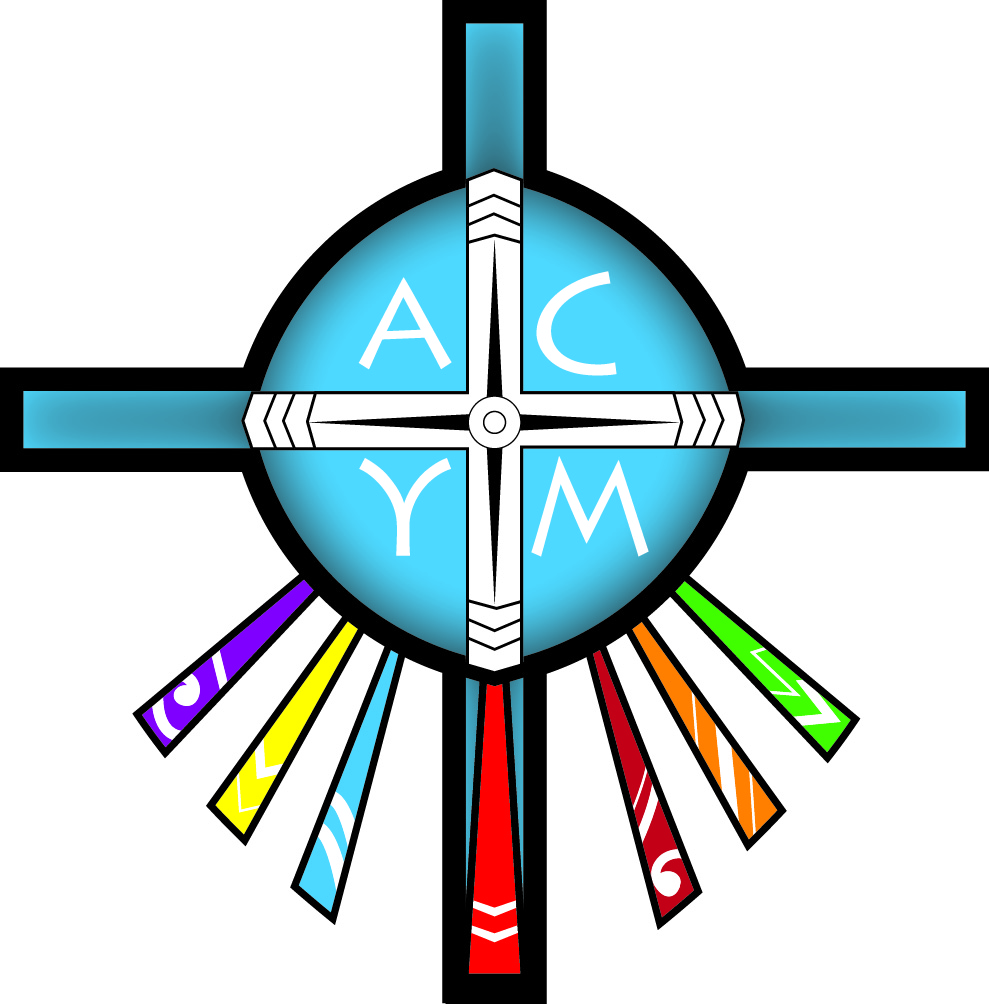
****

Attention!!

**This sheet is for all those leaders who have a group who don’t pay attention and/or can’t follow instructions. Let’s call it communication 101...**

**Task 1 : Following instructions**

In this session we are going to do a number of team activities. Before we start these we going to start with an individual exercise.

Very often we read what we think the instruction should be rather than what it actually is. Often when we receive verbal instructions we don’t pay a lot of attention. If we get a new electronic toy we skip reading the instructions and jump straight into having a go at getting the item working. The first exercise that we are going to do is going to give you some practice at reading instructions and interpreting tricky questions.

In a moment I'm going to hand you all out a set of instructions. You have 20 questions to answer in five minutes so you will need to work through the document reasonably quickly. Please be sure to follow the instructions and read each question carefully. The winner of this exercise is the first person to finish so speed does count in this exercise. There is of course a prize for the winner!! (refer schedule 1 – the idea is that if they read the instructions they don’t do most of the questions).

**Ice-breaker 1 : Communication game**

We want everyone to stand in one line in order of the day/month they were born. People born in January will be at one end of the line and people born in December are at the other end of the line. Within each month you need to be in date order. We are not interested in the year you are born – you simply need to get yourselves in order by the day/month of your birthday.

The only trick is that you are not allowed to speak. You must remain silent until the line is complete.

Once people are in a line, start with the first person at the beginning of the line and:

* Ask each person to give the day and month
* Hopefully they will all be in order.
* Let's go along the line again and get everyone to say their first name and ..... (you decide what would be appropriate for your group).

Learning from this: You all had to think outside the square and come up with an alternative method of communication to what you might normally use. The same thing happens in daily life.

**Ice-breaker 2: Knots**

*Note: Before playing this game check if anybody has a back or other significant injury – if yes, pull them out of this game and get them to help you lead the game instead.*

Split the line that the people are in now into two (or three) groups. Ideally we want about 10-12 people per group. Each group needs to form a circle and face each other.

Place your hands in the centre of the circle (arms out-stretched). Now everybody grab a couple of hands. Make sure that no one holds both hands with the same person or holds the hand of a person right next to them.

Now you are in a knot. All you need to do is to untie the knot.

Learning from this exercise:

How many of you knew you could untangle yourselves so easily? Some of you might get into a bit of a tangle in day to day life. If you stay calm and work through the issues logically you will most likely resolve the challenges. When something doesn't go your way think about this exercise and how we un-ravelled from a knot to a circle. If you stay calm you might surprise yourself!

Some of you won't have been that comfortable holding hands with other people. Likewise life will place you in situations where you don’t feel comfortable. See these as an opportunity for growth.

**Task 2 : The Last Detail**

If someone broke into your house while you were there, grabbed something right in front of you and then ran out of the door would you be able to describe the thief to the authorities? Let’s find out how good you are.

Divide the group into two or three. The first group stands in front of the other groups for 2 minutes (that’s a long time – have some music playing). The other group must observe the group that are standing.

At the end of the two minutes the group standing leave the room. They have sixty seconds to alter up to ten things about their appearance. The team has a total of ten changes to make. One person could make all ten changes, everyone could make two … it’s up to the team. Once all the changes have been made the team stand still again. All changes must be visible.

The observers try to discover as many of the changes as possible within a 2 minute period.

**Task 3 | Construction Project**

(10 minutes to complete the task, 10 minutes for marking and discussion at the end)

**newspaper towers (team building, planning, organizing, problem solving, time management, creativity, lateral thinking)**

Basic exercise:

You each have 1 sheet of plain paper and a pen, 20 sheets of newspaper and one roll of Sellotape. Your task is to construct a **free-standing** tower made only of newspaper and Sellotape in 10 minutes. The tower must be free-standing and remain upright for at least 5 minutes after completion.

Instructions:

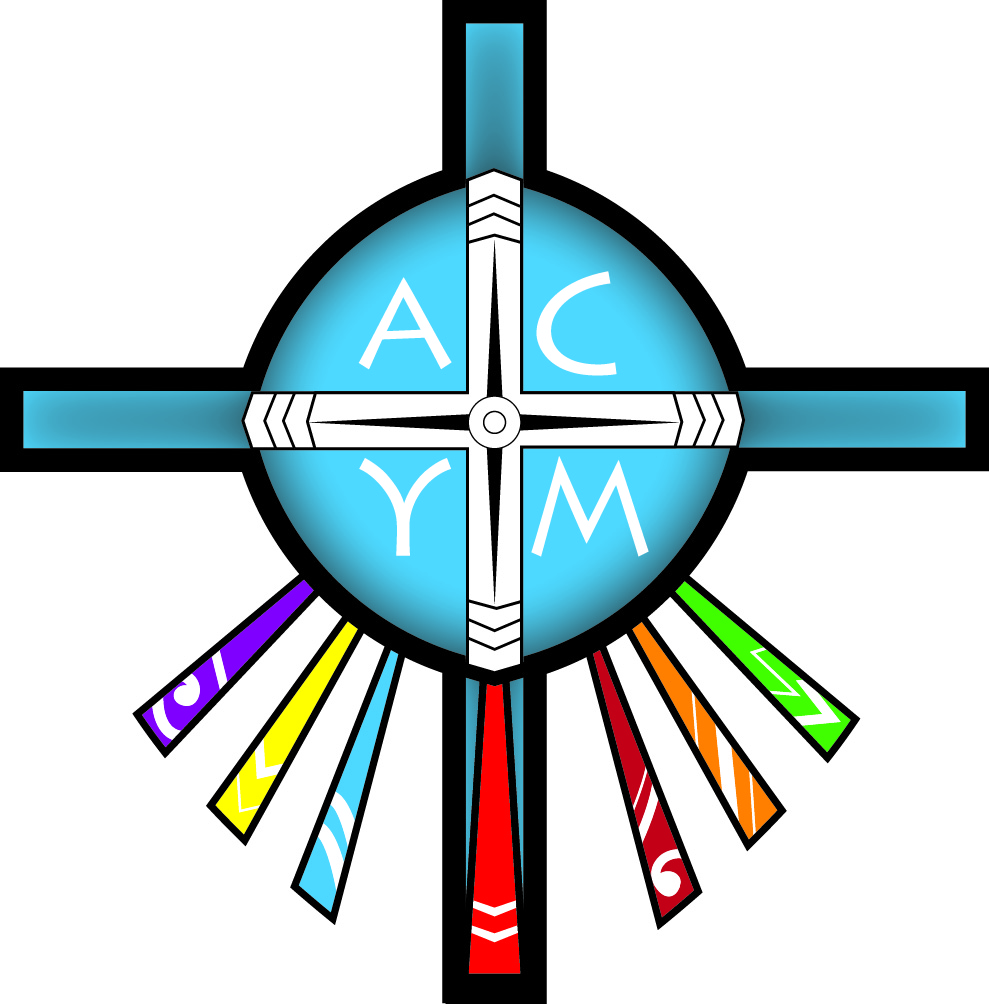
* Work as a team and create a plan for what you will do (use the blank sheet of paper to document your plan)
* Be sure to listen to each other – often it is the quiet person who has an idea that will benefit the whole group.

Split group into pairs or threes (four or more will create 'passengers', who don't get involved). Issue each group an equal given of newspaper sheets (the fewer the more difficult, 20-30 sheets is fine for a 10-15 minute exercise), and a roll of Sellotape.

Point of the exercise is to demonstrate importance of planning (time, method of construction, creativity), listening to each other and the motivational effect of a team task.

SCHEDULE 1 : FOLLOW THE INSTRUCTIONS

**Auckland Catholic Youth Ministry Office   
www.akyouth.org.nz |** [**www.facebook.com/akcym**](http://www.facebook.com/akcym)Pompallier Centre, 30 New Street, Auckland (Private Bag 47-904, Auckland 1144)



This activity is designed to demonstrate how often people do not read instructions fully. There are twenty items in the list, but experience shows that many people make errors on more than half of the instructions.

Sometimes this is due to people doing what they think is wanted rather than what is really asked for. Read through all of the questions below in sequence and then complete the exercise. Often confusion arises because people want to see more in a question than is really there.

Five minutes is allowed for this activity. When you have completed it, please put your pen down and make eye contact with the person who introduced this exercise. Remain quiet so that others can concentrate.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

Follow the instructions

1. Write your first name in box 1.
2. State your birthday, using the convention mm/dd.
3. What was the first day of the twenty-firth century?
4. How many of each animal is Noah believe to have taken with him on the ark?
5. What is the volume of a box 1 metre by 1 metre by 1 metre?
6. List all of the spelling errors on this page.
7. Which is correct: **The yolk of eggs is white** or **The yolk of eggs are white?**
8. Can a man in New Zealand marry his widow’s sister?
9. If a plane crashed in Wellington, where would the survivors be buried?
10. If a farmer with 97 sheep lost all but 9 in a flood, how many does he now have?
11. What color is the ceiling?
12. Estimate the number of golf balls that you could fit in your shoe.
13. Read the first five questions again to check that you understand.
14. Think of a word that contains your three initials.
15. Are you wearing your favourite colour today?
16. If you have got this far without a mistake, relax. They get easier from here on.
17. How many months have 28 days?
18. Estimate the number of questions you will get right.
19. Add five to the number that you wrote in answer to question 18.
20. Now that you have finished reading these instructions, go back and write answers only to questions one, ten and fifteen.