

HUMAN SPIDER WEB

OBJECTIVES: To warm up a group, break down their inhibitions, get them to work as a team, and to get them to laugh.

MATERIALS: None needed

DIRECTIONS:

- Participants form circles of eight to ten people each standing close to one another.
- Members of each group extend their left hand across the circle to grasp the left hand of someone on the opposite side of the circle.
- They then extend their right hand across the circle to grasp the right hand of a different person.
- They are to unravel the “Spider Web” of interlocking arms without letting go of anyone’s hands.
- The activity could be given a time limit or could end when the first group becomes “unraveled!”

CONCLUSION: Debrief could include:

- Did you think this was an impossible task at first? Was that a barrier to success?
- Were there any distractions by group members? If so, what impact did that have on the group’s success?
- Did team members listen to one another?
- What are the lessons for remembering names in the future?

NOTES: Tell them to use their “creative powers” to find a solution. It can be done! (They will have to bend down and step across arms!)

Facilitator should keep the group motivated making it fun for them to complete the task which can be accomplished!

Don’t let a person struggle too long; they may need help from the other participants. They can talk to each other!

Keep the mood positive and upbeat!

