

## **Activity: Tower Build**

### Skill: Communication

#### Process/Rules:

- Participants need to be split into teams of 5.
- Groups will work collaboratively utilizing the triangle system to stack the five blocks on top of the other.
- If at any point, the tower falls over, the group must begin again.
- Groups may not use their hands at any point to place the blocks on the wooden stacking plate.
- The only person allowed to touch the blocks with their hand is the facilitator.
- Assign one person as the designated communicator for the activity- no one else is allowed to speak. After 5-10 minutes, allow everyone to communicate. After 5-10 more minutes pass- no one is allowed to speak and everyone must be quiet and move through this experience in complete silence. Repeat this process for 30 minutes.

### Skill: Trust

#### Process/Rules:

- Participants need to be split into groups of 6.
- Groups will work collaboratively utilizing the triangle system to stack the five blocks on top of each other.
- Groups may not use their hands at any point to place the blocks on the wooden stacking plate.
- Distribute blindfolds to the remaining group members, leaving the designated communicator as the sole sight seeing team member.

### Skill: Vision/Goal Setting

#### Process/ Rules:

- Participants need to be split into groups of 6.
- Groups will work collaboratively utilizing the triangle system to stack the five blocks on top of each other.
- If at any point, the tower falls over, the group must begin again.
- The only person allowed to touch the blocks with their hands is the facilitator.
- Assign one person as the designated communicator for the activity- no one else is allowed to speak.
- The facilitator distributes a detailed diagram illustration or articulates a specific way the blocks must be stacked on the wooden plate.



# Example Tower Diagrams





