

Helium Stick Activity

Objective/Instructions:

Be sure to call the pole a "Helium Stick" when you introduce the exercise. Place your group in two lines facing each other. Have each person hold the index finger of their right hand chest high. Place the helium stick on top of the outstretched fingers. The challenge is to lower the stick to the ground while keeping everyone's fingers touching the stick. If anyone's finger loses contact with the helium stick, you must start again. At first the stick will seem to rise (hence the name Helium Stick). In fact, it is simply the upwards pressure of everyone's fingers causing the stick to go up instead of down. Once everyone relaxes they can easily lower the stick to the ground. This usually takes ten minutes of laughter and a leader to complete.

Rules:

- You cannot use any other body part besides your index fingers to hold the hoop (for instance resting the hula hoop on your arm or wrist).
- You cannot curl your fingers or grip the hula hoop in any way.
- If you do any of these things, the whole team has to start over

Other Information

- The key to this activity is paying attention to what your fingers are doing instead of watching your teammates' fingers.
- When you watch your teammates you feel you need to adjust for them and the hoop starts to rise.
- This is also a good activity to appoint a project leader and have him/her give the command to lower the hoop.

Debriefing questions:

What did the group have to do to be successful?

Did you try different ideas? If so, why did you change your approach?

What lessons can you learn from this exercise?

What changes would you make in how you communicated?

(Instructions/write-up taken from leadbyadventure.com)