



The Adventure:

As a group, form two equal lines and stand facing one another. Point your index fingers at the person standing opposite you and hold them up at chest height—everyone in the row should have their fingers held at the same level.

Your facilitator will rest a pole on your fingers (a tent pole works well). Your challenge is to bring the pole down to the ground as a group. Sounds easy, right? Here's the catch—everyone needs to keep both of their index fingers in contact with the pole while you bring it down to the ground. You'll find this task isn't nearly as easy as you expect!

Safety Note:

How can you make sure that your group does this activity in a safe space?

Online Resources:

- Helium Stick exercise
- Team Building Game: Helium Stick
- Troop Meeting Team Building Challenge: Helium Stick

Plan:

- What materials do you need for this activity?
- Who will facilitate the activity? Who will lead? What's the difference?
- What strategy might be helpful for this challenge? Who in your group has done this activity before?

Do:

- Lower your "helium pole" to the ground. Don't let it float away!

Review:

- What do you know now that you did not know before?
- Who emerged as a leader on this challenge? How did he or she lead? Was his or her leadership style appropriate?
- What was challenging about this activity? Why was this the case?
- How did your team communicate when doing this activity?
- What strategy did you find was successful?
- What other situations does this activity remind you of? Why?

