



Team Builders

Pass the squeeze

- Individual
- Pairs
- Small group
- Whole group

Uses: This activity is good for getting the team to co-operate with one another. Use it in conjunction with other whole-group team building activities. Use this with a group, who is comfortable holding hands; sometimes the older the group, the more problematic it can be.

Resources: None.

Time: 5-10 minutes.

What to do:

1. Group stands in a circle and holds hands.
2. Tell participants that a wave of energy is going to pass around the circle as quickly as possible. Ask people to imagine the squeeze travelling up their arm, across their shoulders and then down their other arm as they then send it to their neighbour. Begin with eyes open – everyone can see where the squeeze is as it travels round the group. The facilitator begins first by squeezing one of the hands s/he is holding. This triggers the person next to the facilitator to recognise the squeeze by squeezing the hand of the other person they are next to. The squeeze then gets passed along from person to person and comes back to the facilitator. This may need practising a few times.
3. You could time the round to see how well you do. A squeeze can be sent round the circle in opposite directions.

Make it different:

- Another version of this is 'Pass the clap'. The facilitator claps once to the person on their right. That person catches the clap by clapping once in return, they then turn and clap at the next person in the circle, who then repeats the sequence. In short, each person claps once to receive the clap and once to pass the clap on. See how long it takes for the clap to come full circle back to the facilitator.
- Another way to do this: each person stands with the palm of their left hand under the right hand of the person on their left. The facilitator starts by clapping their right hand on the palm of the person standing to their right. Follow round the circle in a domino effect.

Points to make:

- This activity needs every team member to stay focused and to do their bit at the right time. The team is as good as each individual member.
- With practice you can learn to be more focused.
- Team members need to think about how they positively encourage all to stay focused.

