

GO!

Group members must develop a strategy in order to switch places with each other in the circle.

TIME
10-20 minutes

MATERIALS
None

TEAM STAGE
Storming, Norming

Learning & Development Outcomes

This activity is a great way for participants to practice patience, active listening and social awareness.

Outcomes are focused on developing *21st Century Skills* and the *National Association of Colleges and Employers (NACE) Career Competencies*, including, but not limited to:

- Monitoring, defining, prioritizing and completing tasks without direct oversight
- Communicating effectively in diverse environments (including multi-lingual)
- Understanding the importance of and demonstrating verbal, written, and non-verbal/body language abilities.
- Proactively anticipating needs and prioritizing action steps.



Preparation & Logistics

Set up:

- Have the group stand in a circle about arms length apart, while the instructor stands in the middle (or with one less place in the circle than people in the group if the instructor does not want to play).
- This can be a very difficult game to explain, but the debrief is very useful in teams where people blame others for their group's failures.

Safety:

- Make sure participants walk slowly and carefully to their spot.

Additional Considerations:

- Set aside additional time for a debrief!
- [Click here to watch it live!](#)

Instructions

Summary

The group creates a circle and participants take turns trying to get someone to make eye contact with them to tell them to “Go.”

This activity is appropriate for all ages!

Step 1: Share the Rules

- Explain to the group that when the game starts you are not allowed to speak at all except to say the word “Go.”
- Have one person (Person A) start by standing in between 2 of the equally spaced participants. Tell the group that they can only make eye contact to get the attention of someone across the circle (Person B) with the intent of getting them to say “Go” so they may leave their space.
- When Person B says “Go” (only after making eye contact) Person A can start at a slow pace walking towards Person B who told them to go.
- While Person A is walking towards Person B, Person B must make eye contact with those across the circle with the intent of having one of them tell them to “Go.” When this someone tells Person B to go (we’ll call this new participant, Person C), Person B can leave their space and head towards Person C.
- If timed correctly Person B should be moving out of their spot in time for Person A to take their spot. This continues when Person C searches for someone to say go and then moves (only when told to) and Person B can take Person C’s spot.
- Enforce these rules:
- Nothing can be said besides the word “Go.”
- You may not leave your spot unless someone has told you to go, after you’ve told someone to go.
- You may only say “Go” if you’ve made eye contact with the person who needs your help. In the event that a person tries to enter a spot before the spot holder has time to get someone to tell them to go, the game ends and can be quickly debriefed in regards to accountability and strategy to reflect and plan. Keep trying until the group fully understands how it works and they can move fluidly for a while. Then do a full debrief.
- You can also replace “Go” with “Yes.”
- Safety: Make sure participants walk slowly, they do not need to run or run into each other.



My group is really struggling, what can I do?

"This activity can be a really challenging one! It may take a few explanations of the rules and a few tries for your group to get a hang of it. Encourage them not to give up. The struggling can lend itself very well to your debrief at the end too!"



Step 2: Begin the Activity

- Have the participants quiet down and choose the first person to begin.

Step 3: Administering the Rules

- If participants move without being told “Go,” you must reset and pick up with the last person.
- Look for people who start walking faster/slower to see if that is affecting the groups success.

How to end the activity

- If everyone has gone once or twice, feel free to end it.
- You may also end after 2 minutes.

Debrief Questions



These questions are a starting point to guide your debrief. Pick the ones that best match your group's experience and add or change questions as needed!

What

- What was challenging about this activity?
- What helped to achieve success?

So What

- What can happen if we rush through an activity/task?
- Why is it important to be patient?

Now What

- What can you do with your group to practice patience while completing a task?
- What are ways you can hold each other accountable?

Adjustments for...

Large Group (25+)

- Consider splitting the groups up into 10-15 people.
- If people make a mistake, they have to change the way they travel to their destination.
- Once they mess up 3 times, they're out.

Medium Group (10-25)

- If people make a mistake, they have to change the way they travel to their destination.
- Once they mess up 3 times, they're out. (I.e. 1st mistake, they hop, 2nd mistake they crouch, 3rd mistake, they crawl)

Small Group (1-9)

- Use mini debriefs to decide what's working with them.
- Enforce a rule that participants must walk backwards.

Risk Level

- Watch for those who are non-able bodied and the physical variations that are added when traveling to their new spot.

Group has prior experience

- Make the circle smaller to work faster (represents having to complete a task on short notice)
- If able, participants must hop, skip, or crawl to their spot.



Each adjustment is its own unique idea for how to facilitate this activity for different groups and situations! Choose any or all that work!