



Welded Ankles

Groups must get from one point to another without letting their “ankles” break apart

TIME

10-20 minutes



TEAM STAGE

Storming, Norming, Performing

MATERIALS

Rope, cones, or chalk

SUMMARY

This experiential activity challenges groups to work together to get from one point to another without ever letting their ankles break apart. They will need to collaborate and trust each other to be successful.

- **Facilitator Note:** It is nearly impossible to physically have participants’ ankles “welded” together. It is conducted more as a welded *side of your feet* activity. For the purpose of the instructions, whenever there is a reference to “ankles”, it means “feet”.

SET UP

- Determine a starting line and ending line about 15-20 feet apart and mark with rope, cones, or chalk. If no supplies are available, lines in the sidewalk or other natural boundaries work too!
 - **Facilitator Note:** If there are participants with physical disabilities or conditions that would prevent them from participating in the activity, have them participate instead as a judge or coach. As a judge they could assist the facilitator in watching for separated ankles. As a coach, they could lead strategizing conversations with the group and assist the group in implementing different techniques.

INSTRUCTIONS

- Have participants line up in a straight line next to each other, shoulder to shoulder.
- Make sure everyone is close enough that their ankles are touching.
- Inform participants that as a group, they must get from Point A to Point B while keeping their ankles, or the sides of their shoes, together.
- If any participants’ ankles become separated, they must start over. This is up to the facilitator’s discretion. If the facilitator thinks ankles have broken apart, they should send the group back.
- The activity concludes once all participants’ toes have reached the finish line.

VARIATIONS

- For a more challenging take on this activity, put a time limit on it. If they don’t get to Point B in the allotted time, discuss the outcome in a debrief.
- **High Risk:** To facilitate a higher risk version of this activity, create limitations for some participants. Participants could be blindfolded or not be able to talk. This is good for allowing different participants to shine if all must remain silent besides one or two of them.

- **Facilitator Note:** Only a few participants should be blindfolded at a time. If participants feel unsafe doing the activity blindfolded you might ask them to see if another group member would take on the limitation for them.





VARIATIONS *(continued)*

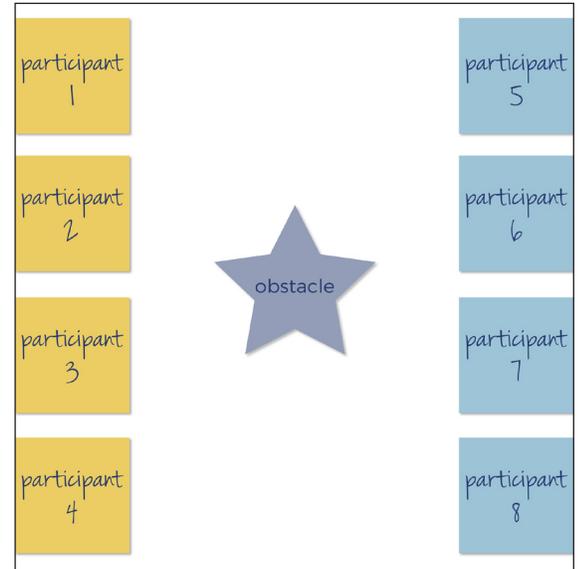
 **Large Group:** To facilitate this activity for a large group, split the group into two (or more) and create some competition. Teams will race each other to a designated finish line and whichever group gets all toes there first, wins.

 **Online:** To facilitate this activity virtually, create a Google Slides document to use as a playing field. Depending on the number of participants, the dimensions of the slide should be adjusted. Create a square for each player with their name on it. Arrange half of the squares along the right side of the slide and the other half along the left side - with the side of each slide being the starting and ending points.

- Tell the participants that their goal is to get every participant to move to the opposite side of the slide.
- Each participant may only move their own square by using the arrow keys on their keyboard.
- If any two squares touch each other OR if anyone goes out of the boundaries, everyone must move their square back to the side they started on and start over.

If the group accomplishes the goal quickly, facilitate additional rounds with added challenges, such as requiring each square to stay in motion until the goal is achieved or adding obstacles to the middle of the playing field that cannot be touched. [\[click here for video\]](#)

 **Facilitator Note:** When facilitating the online variation, call the activity “Moving Boxes” instead of “Welded Ankles”.



DEBRIEF QUESTIONS

- What:
 - What strategies helped you to be successful in this activity?
 - What did you notice about the way the members of your group interacted in this activity?
- So What:
 - Why is it important to listen to different ideas when working towards a group goal?
 - How can adapting to different strategies help a group find the best way to accomplish a task?
- Now What:
 - What can we do as a group to accommodate people who think and work in different ways?
 - How can we stay coordinated and in sync with each other when we work as a group?

 **Facilitator Note:** These questions can be used to guide your debrief, however, pick the questions that best match your group’s experience and add or change questions as needed.