



# ROCK, PAPER, SCISSORS

TYPE:

Energizer

GROUP SIZE:

Any

MATERIALS:

Group members with energy

INTRODUCTION:

This is a fun activity that wakes up a team, fills the environment with energy, and builds team synergy.

DESCRIPTION:

Divide the team into two teams. Each team should spend a minute in a team “huddle” determining the hand signal they will use (Rock, Paper, or Scissors). Both teams will then line up facing one another about 2 feet apart. At the direction of the team facilitator, both teams will make a fist once, twice, and on the third time - show their hand signal. The team that wins (Rock beats Scissors, Paper beats Rock, Scissors beats Paper, etc.) has to try to tag the members of the opposite team before they run back to a safe zone (designated by the team leader on each side). Anyone who is tagged becomes a part of the opposite team. The game continues for a length of time determined by the team leader or facilitator. Finish the activity by facilitating a discussion using the provided processing questions.

PROCESSING:

- How did your team decide on a hand signal?
- What was it like playing this game?
- How did it feel if you were tagged and became a part of the other team?
- Did the group dynamic change when it was a large group against a small group?

OUTCOMES:

- Allows team members to have fun “playing” together
- Encourages teamwork
- Energy stimulus

REMEMBER:

- Introduce the exercise
- Explain it thoroughly
- Process it completely