

FACILITATION TECHNIQUE	Count up
CORE PURPOSE / FOCUS	#teambuilding #intragroup openness #collaboration
PHASE	#energizer #opening #debrief
SKILL / CONTENT	#active listening #communication #empathy
TIME FRAME IN MINUTES	#<15 #<30
GROUP SIZE IN PERSONS	#6-15 #16-30 #>30
FACILITATION LEVEL	Beginner
COMFORT ZONE	Safe

Introduction

In this short exercise, a group must count up to a certain number, taking turns in a random order, with no two people speaking at the same time. The task is simple, however, it takes focus, calm and awareness to succeed. The exercise is effective to generate calm and focused collective energy in a group.

Necessary tools (what you need)

- Pick a videoconferencing tool of your choice.

Steps

1. Explain the rules: The goal is to count to 20 (or the number of members in the group.) Only one person may say one number at a time. If two people speak at the same time, even for the slightest moment, the group must start over at number 1. The group has succeeded when they have counted up to the set number.

Tips & Tricks

- This exercise is very challenging to do successfully online, and may fail. That is okay: the failure itself can be instructional! Debrief this exercise to highlight some

examples of good online meeting etiquette, and to emphasize the importance of good communication.

- While you can run this with participants' eyes closed, in an online setting, we would recommend having everyone's eyes open (remote is enough of an added challenge!) but ensure they do not say anything except the numbers they are counting up to.

Source

<http://toolbox.hyperisland.com>



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