

Off the Grid

Activities to Build Trust

ICEBREAKERS AND TEAM BUILDERS TO BUILD COMMUNITY

OBJECTIVES

- To learn how to move forward when faced with a task
- To practice following directions and lean on each other for support

MATERIALS

- Download **OFF THE GRID MAP** from **BUILDING INTENTIONAL COMMUNITIES.COM** and make one copy.
- Blue painter's tape

SETUP

- Using painter's tape, create a large grid on the floor. The grid should be five squares in width and eight squares in length (totaling forty square boxes). Each box should be approximately six by six inches (large enough to step into).
- Use the **OFF THE GRID MAP** or create your own predetermined grid path with the blank template to keep track of the quicksand hotspots.

INSTRUCTIONS

1. Explain that the groups' task today is to **get the entire group across a grid of quicksand**.
2. Explain that **any square that is not a safe square is considered "quicksand"** and that if they step in the quicksand they will be **sent back** to the starting line.
3. The challenge is that **there is no way for them to know which squares are safe** and which are quicksand except through **trial and error**.
4. Starting with the first row, **each participant will receive ONE opportunity** per row to step on a "safe square." **Each safe square is connected to the next**, meaning it

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Off the Grid continued

is above, below, beside, or diagonal to the next safe square.

5. If a participant steps in **quicksand**, the facilitator will **make the sound of a buzzer**, and that person will step off of the grid and **get in the back of the line**, allowing the next participant an attempt to successfully navigate across the grid.
6. Explain to participants that this grid is very sensitive and volatile and therefore can only support **one person at any time**. Members not on the grid **cannot point to or touch**

the squares, as that will create a disruption.

If you have a smaller group or extra time, you may suggest that the participant backtrack their steps rather than step off the grid.

If you have a larger group, you may suggest that once a person successfully makes it across the path, that person is allowed to help the next group member across by reminding them of the designated pattern.

7. The **last person** to cross the grid must do so in **silence** without any assistance from other team members.

DEBRIEF

- **What skills did you use in this activity?** (For example, logic, instinct, gut, processes of illumination, risk, mimicking, trust, repetition, paying attention in order to memorize, etc.)
- **WHAT IS SOMETHING OUR GROUP IS WORKING ON NOW THAT REQUIRES SOME OF THE SAME SKILLS?**
- **HOW CAN YOU SUPPORT EACH OTHER DURING THESE TASKS/ GOALS?**
- **WHAT COULD THIS GRID WITH THE SAFE SQUARES AND THE QUICKSAND REPRESENT?**