

# Shrinking Island

Activities to Get Groups Moving

ICEBREAKERS AND TEAM BUILDERS TO BUILD COMMUNITY

## OBJECTIVES

- To offer opportunities for increased physical interaction among group members
- To increase the feeling of trust within the group

## MATERIALS

- Ten square pieces of newspaper


## SETUP

- None

## INSTRUCTIONS

*This activity is ideal for groups in which group agreements are regularly being practiced and group members are comfortable with one another.*

1. Divide participants into **groups of three**.
2. Give each group **a piece of newspaper** and ask them to **stand** on it.
3. **Explain** that **each group is a community and that the newspaper now represents their island**.
4. **Explain** that **everyone must keep their feet on the newspaper and that no part of their body can touch the walls or the floor**.  
**If any group falls off the paper, they are disqualified and must stand on the sidelines.**
5. Ask the group to **step** onto the newspaper. **Give** them their first challenge: **come up with a group name in ten seconds**.
6. Start **counting down** from ten. Regardless of whether the group completes the task (the goal of this activity is to increase physical interaction), let them know that **the island is shrinking and they must get off the newspaper and fold it in half**.

CONTINUED 

## Shrinking Island continued

7. Ask them to immediately **get back on the newspaper** and have each group **find four things** they have in common.
8. After twenty seconds, start **counting down from ten**. Regardless of whether the group completes the task, let them know that **the island is shrinking**. **Tell** them they must **get off the newspaper and fold it in half**.
9. At this point, the paper will be rather small, but encourage groups to **work together** to keep their feet on the newspaper and with **no part of their body touching the walls or the floor**.
10. **Continue** rounds until the last group is standing.

## DEBRIEF

- What did you like about this activity?
- What was challenging about this activity?
- Were you worried about being so physical with your group members?
- What do we gain when we are able to be physical with each other?