

# CAN YOU FOLLOW

## Orders?

### CHALLENGE (GOAL, OBJECTIVE):

Use as an icebreaker to develop communication and listening skills.

**GROUP SIZE:** 5-20 per facilitator

**TIME:** 10 - 15 minutes

**EQUIPMENT:** None

### PROCEDURE AND RULES:

Have participants spread out over a large open space. Instruct your group to walk when you say "WALK" and to stop walking when you say "STOP." Issue a series of these two commands, in any order, for 20 to 30 seconds to help your group practice responding. When ready, announce that you will now swap the meaning of these commands, so "WALK" means stop walking and "STOP" means to walk. Challenge your group and each individual to continue to be as accurate and as fast as possible - responding to each command.

When ready, announce two new commands : "NAME" invites everyone to say their own name out loud; and "CLAP" invites your group to perform one simultaneous clap. Practice these two new commands together with "WALK" and "STOP." Finally, announce you will swap the meaning of the last two commands as well. Continue playing for several minutes, and/or try a variation.

### VARIATIONS:

- Add additional commands
- Change commands
- Eliminate players who make a mistake
- Award prizes to players remaining after a pre-determined amount of time

### DISCUSSION /DEBRIEF:

- When the first switch of the commands occurred, what did you experience?
- How did you react when you made an error?
- What strategies did you use to respond quickly and accurately?
- How was this activity similar to projects or tasks at work?