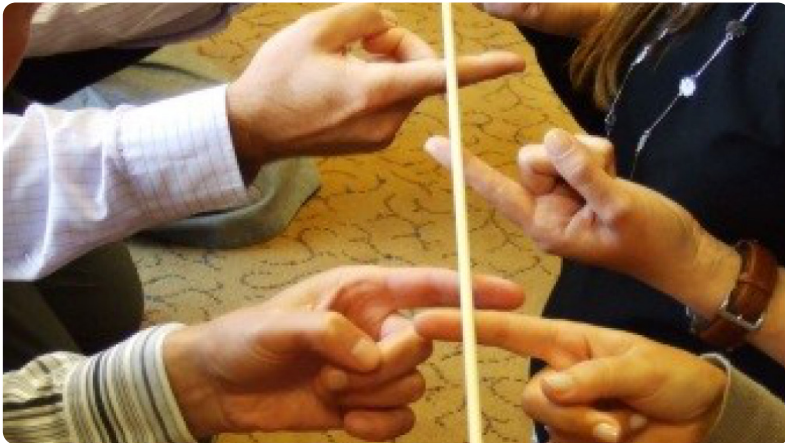


Helium rod



The team event that requires intuition

The group lines up in two long rows, facing each other and shoulder to shoulder. All participants extend their index fingers, on which a single long stick is placed. The group's task is now to lower the staff to the floor, with all fingers touching the staff at all times. What sounds trivial at the beginning usually turns out to be a challenging experiment, as the staff develops a momentum that can only be countered with concentration and teamwork.

Topic / Methaphor:

- Leadership
- Communication
- Mindfulness
- Team

Group Size:

- up to 10 pers.
- 10-20

Duration:

one hour

Season:

- All-season
- Indoor
- Outdoor