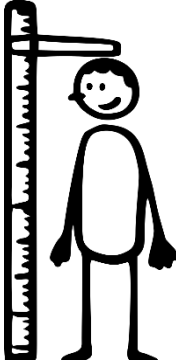


Ruler Activity

Short description	A team-building exercise where participants place two fingers under a (folding) ruler and must lower it to the ground together, without losing contact. This promotes coordination, communication, and collective problem-solving.
Objectives	<ul style="list-style-type: none"> • Develop teamwork and cooperation • Enhance communication and coordination among group members • Experience the challenge of aligning individual actions with group goals • Foster patience, attention, and collective responsibility
Duration	5 – 10 minutes, depending on group size and discussion time
Social form	Small groups
Materials and organisation	<ul style="list-style-type: none"> • 1 folding ruler or meter stick • Sufficient space on the floor for the group to stand around the ruler. • Group size: ideally 4 – 12 participants, adjust ruler length accordingly.
Preparation	<ul style="list-style-type: none"> • Ensure the floor area is clear and safe. • Choose a ruler or stick long enough for the group to spread fingers comfortably. • Briefly explain safety: fingers must stay under the ruler at all times.

Step-by-step description

	<ol style="list-style-type: none"> 1. Start position: Each participant places two fingers under the ruler, evenly distributed along its length. 2. Goal explanation: The group's task is to lower the ruler to the ground together, keeping contact with their fingers. 3. Execution: <ul style="list-style-type: none"> • Participants slowly coordinate their movements to gently lower the ruler. • Encourage verbal communication and adjustments. 4. Completion: When the ruler touches the ground while everyone keeps fingers on it, the task is complete. 5. Reflection: Discuss challenges, strategies, group dynamics, and lessons for teamwork.
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Variations and differentiation

- Time challenge: See how fast the group can lower the ruler without losing contact.
- Silent mode: Lower the ruler without speaking, relying solely on non-verbal communication.
- Smaller/larger groups: Adjust ruler length or use multiple rulers for bigger groups.

Practical notes

- Emphasize slow, careful movements to prevent dropping the ruler.
- If the ruler tilts, allow discussion on strategy, but don't give a fixed solution.
- Highlight team reflection rather than just completing the task.
- Can be debriefed with real-life analogies about teamwork, coordination, and collective responsibility.

References | Sources

Zajac, J. (2024). *Helium Stick: A team-building game to improve communication and cooperation*. Icebreaker Spot. Retrieved from <https://www.icebreakerspot.com/activities/helium-stick/>

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