


Take a Step Together

Short description	is a group dynamics exercise where participants must all step forward at the same time without initially relying on verbal communication. This activity illustrates how communication works on different levels and shows the importance of non-verbal cues in coordination.
Objectives	<ul style="list-style-type: none"> • Experience how communication functions on multiple levels (verbal and non-verbal) • Raise awareness of collaboration signals and coordination challenges • Highlight the importance of observation, timing, and group awareness
Duration	10 minutes (can be extended if multiple variations are added)
Social form	Group work (4 to 12 people)
Materials and organisation	<ul style="list-style-type: none"> • No materials required • Space for participants to stand in a row with some distance in front of them
Preparation	<ul style="list-style-type: none"> • Clear a row in the room where participants can stand comfortably. • Explain the exercise goals clearly to the group. • Emphasise safety – participants should step carefully to avoid collisions.

Step-by-step description

	<ol style="list-style-type: none"> 1. Start position: Participants stand in a row next to each other, leaving some space in front. 2. Initial task: Ask the participants to step forward at the same time. This can usually be solved simply by counting down together. 3. Increasing difficulty: <ul style="list-style-type: none"> • Step 1: No verbal communication is allowed. Participants must find alternative ways to coordinate (gestures, eye contact, etc.). • Step 2: Participants close their eyes. They can hold hands if needed, but the exercise encourages them to remain mostly detached. 4. Reflection: Discuss how coordination worked, what signals were noticed, and how communication occurs in subtle ways. Emphasise that also in real contexts, communication is not only verbal but also involves non-verbal cues.
---	--

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

Variations and differentiation

- Different group sizes: Can be adapted for smaller or larger groups by changing row arrangement.
- Add complexity: Introduce multiple steps forward or backward or incorporate simultaneous arm movements.
- Blindfolded variant: Entire exercise can be done with eyes closed from the start for an advanced challenge.
- Focus on leadership vs. collective sensing: Ask the group to coordinate without a designated leader.

Practical notes

- Ensure participants step carefully to avoid accidents.
- Emphasize observation and patience; the exercise works best if participants focus on group rhythm rather than individual speed.
- Debrief is key: connect the exercise to real-life collaboration, highlighting multiple levels of communication.
- Can be paired with other non-verbal coordination exercises for deeper reflection on group dynamics.

References | Sources

Van den Ouden, L. (2016). *Werkvormenboek: 100 werkvormen om iedere bijeenkomst tot een succes te maken – Alles begint met een open mind* (1e druk). ICM Publishing.

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

