



The Human Spider Web



Objectives:

- To warm up a team and break down their inhibitions
- To provide an opportunity for members to work as a team and explore the dimensions of teamwork.
- To energize a team meeting.

Materials required:

None.

Procedure:

This exercise works best with a small team. If you have a larger team, divide it into groups of **6-8 individuals**. Have each group move to a location that allows them to stand in a small circle.

Instruct members of each group to extend **their left hands across the circle** and grasp the **right hands of the other members** who are approximately opposite them. Then have them **extend their right hands across the circle and grasp the left hands of other individuals**.

Inform them that their task is to unravel the spider web of interlocking arms without letting go of anyone's hands. If you have one team, inform them that they will be timed (as a way to place pressure on them); if you have several groups, tell them they will be competing with other groups to see who finishes the task first.

1. **What was your first thought when you heard the nature of the task?**
(Probably: "This will be impossible!")
2. **What members behaviors detracted (or could detract from the group's success in achieving its goal)?**
3. **What lessons does this exercise have for future team building?**

Tips

Solving this exercise depends on someone's capacity to see the whole picture, assume a leadership role, and communicate clearly. The key lies in having members step over another's arm to disentangle themselves until a circle is complete. Therefore, it is recommended that all team members be wearing suitable clothes.