

## HAPPINESS IN THE WORKPLACE

**Organization and country:** INDEPCIE (Spain)

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**Name of the activity:** CORRECT / OPPOSITE

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**Overview (What I am going to learn?):**

The difficulty of assuming common speeches or instructions among all team members

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**Objective (What am I going to learn it for?):**

To unite teams, create a good atmosphere and understand that when someone does not understand the instructions, he or she is putting the success of the whole organisation at risk.

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**Materials:**

None

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**Time:**

5 minutes

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**Target group:**

Employees and managers

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### Instructions for facilitators

This is a dynamic in which mistakes will lead to laughter and interaction between team members, making it very enjoyable.

It is a group tool in which the participants are placed in a circle holding hands, with the facilitator on the outside. We will need a relatively large space.

The facilitator will give instructions to the participants on what to do and say.

### **Tasks and procedure:**

1. The facilitator will encourage participants to do THE SAME THING THEY SAY AND THE SAME THING THEY DO.

The parameters will be inside/outside and left/right.

So, if he/she says "Inside", the participants will have to shout "inside" and together jump inside.

2. In a second step, the facilitator will urge the participants to do the SAME THING THEY SAY, BUT THE OPPOSITE THEY DO.

So, if you say "Inside", the participants will have to shout "inside" and jump out together.

If you say "left" they will have to shout "left", but jump together to the right.

3. Now, the facilitator will urge the participants to do THE OPPOSITE OF WHAT THEY SAY, BUT THE SAME THING THEY DO.

So, if you say "inside", the participants will have to shout "outside" and jump inwards together.

If you say "right" they will have to shout "right", but make a joint jump to the left.

4. To finish, the facilitator will encourage participants to do THE OPPOSITE OF WHAT THEY SAY, AND THE OPPOSITE OF WHAT THEY DO.

So, if you say "inside", participants will have to shout "outside" and jump out together.

If you say "right" they will have to shout "left", but jump together to the left.

### **Conclusion and evaluation:**

To conclude, we will brainstorm among participants and attendees to draw conclusions.