



HAPPINESS IN THE WORKPLACE

Organization and country: INDEPCIE (Spain)

Name of the activity: CRAZY HANDS

Overview (What I am going to learn?): The importance of working as a team towards a common goal. In order to do so, I will have to put myself at the service of the group, contributing, not perhaps my best version, but what is needed from me at a given moment.

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

- To learn how to coordinate work teams and turn them into high-performance groups.
 - To show a metaphor of the obstacles that the teams themselves put in their work, even without realising it.
 - To make an exercise of relaxation within the working day.
 - To have fun and find ways to learn from mistakes..
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Materials: None

Time: 5 minutes

Target group: Employees and managers

Instructions for facilitators

This is a group dynamic that can be done both indoors and outdoors. It is suitable for groups of 4 people or more, with no limit to the number of participants.

Before starting the activity, the facilitator will place the participants in a circle separated from each other by at least one metre and he/she will stand outside to give the instructions.



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Tasks and procedure:

1. The facilitator asks participants to close their eyes and raise one arm to shoulder height and one arm to chest height. The facilitator then asks them to move towards the centre of the circle (still with their eyes closed) until they come across another hand, which they should grasp. Once all participants have found their "hand pair", the result should be a skein of intertwined arms that will provoke a comical situation.
2. Now the aim of the exercise is that the participants have to untie the knots without separating their hands until they form a circle with their hands joined together. To do this, they will not be able to separate their hands, and they will have to find a way to unblock the situation using their imagination and teamwork.

Conclusion and evaluation:

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