

Helium Stick

A deceptively challenging & fun teamworking ice-breaker and collaborative activity



Helium stick (aka magic cane, magic stick, lighter than air, Let go my ego) is a very simple, but powerful activity that helps a group to explore what to do when things don't go quite as well as intended! It is an excellent icebreaker in teamwork / teambuilding events and can be set-up and run anywhere there is space for a team to stand together.

The effect produced is for the Helium Stick to rise into the air when the group is actually trying to lower it. The rich discussions that follow this short task can lead into a wide number of areas including leadership, individual performance, communication, goal setting, project management, culture and compliance.

Activity materials:

Each set includes a 'Helium' stick, that is divided into 11x 35cm sections and when joined together creates 3.85m long 'stick'. No extra materials are required. A full facilitator guide is included with detailed set-up and facilitation instructions plus review suggestions based on learning areas of focus including teamwork, team management, leadership and culture & compliance. This is supplied in a 47cm postal tube which is easy to fit in most carry on bags when travelling.

Learning Objectives:

- To set achievable goals and develop a process for reaching them
- To explore the fundamental issues of effective team working
- To consider how best to contribute individual effort to a team task
- To plan and manage a project with clearly defined goals

Two groups of participants form a line and face each other, holding their arms out with index (first) finger and thumb raised, ready to receive the long stick horizontally across their fingers.

Once the facilitator places the helium stick on their index finger tips, the task is to lower the stick to the ground, while keeping it horizontal. The rule is that all index fingers must always touch the stick and no other parts of the body or items can be used to achieve the task.



To add HELIUM STICK to your resource library: