

## **Ice Breaker Exercise: Facilitators Instructions**

Your Role: Read the instructions to the team and enforce the rules.

1. Ask the participants to evenly distribute themselves around the helium stick.
2. Explain the rules:
  - Everyone's index fingers **MUST** remain in contact with the stick at all times.
  - The stick must rest on top of their fingers at all times (no grabbing, finger curling, etc.)
  - The stick needs to remain even throughout the exercise
3. When participants are done with the exercise we will go back to the main room. We will purposefully not debrief them following the exercise.