

Amoeba

“Amoeba” is an easy to set up activity that, depending on how you frame it or where you put it in the sequence can be used as a warm-up, deinhbitizer, or trust activity, and maybe even group problem-solving. I like to use it when I need to get the group to move from one location to another. It's a transition activity with a lesson!

Procedure

Use a webbing or rope loop big enough so that the group can all fit inside. How much room you give them inside depends on the comfort level, safety level, and what you intend to accomplish. The tighter the circle the more difficult. Put the loop on the ground and ask the group to step inside. Tell them to pick the loop up and hold it waste high. Review safety precautions with the group and then give them a location that they must get to without anyone falling or getting out of the loop.

Options

- The tighter the circle the more difficult.
- The difficulty depends on how far you have the group go and what obstacles they must work around, over, or under.
- Amoeba can be made easier by dividing the group up and using several smaller loops

Debrief

- If it is just a warm-up I may not ask any questions and just leave it as is.
- When using Amoeba as a deinhbitizer I ask questions that lead to a discussion about being so close together.
- When using it for trust the discussion is around safety, the communication required, and the need to be sensitive to group member abilities and go at an appropriate pace for everyone.
- When using the activity for group problem-solving I usually use the What, So What, Now What debrief which brings up the communication required, and the need to be sensitive to group member abilities and go at an appropriate pace for everyone, etc.