



Centipede Race

What aspect(s) of the Transformational Model this activity helps illustrate: Learning Disciplines, Making Preparation, Creating Urgency, Empowering Change Leaders

Materials needed: 2-ft length of rope or twine for each player, masking tape or chalk for designating start/finish lines

Minimum number of participants required: two teams of four or more

Time needed: at least 20 minutes

Instructions:

1. Before the game, use tape or chalk to mark two lines on the floor about 15 feet apart. Set half the pieces of rope or twine next to each line. Have participants form two equal teams. Ask half of each team to stand behind each line. (In other words, half of team A and half of team B will be behind one line and 15 feet away the other halves of their teams will be standing behind another line.)
2. Have each team choose two participants on one side to go first. The participants should stand side-by-side and use only one piece of rope or twine to tie one person's left leg to the other person's right leg.
3. Explain that when you say "go," the first two participants will run to the other line. One participant on the other side will stand next to one of the first two participants and tie his or her leg to the leg of that participant. The three will then run back to the first line and "pick up" another teammate in a similar manner.
4. Continue the race back and forth until teams have crossed the finish line with all their members attached to one another.

Debriefing suggestions:

Ask participants to describe what they saw happening and then what they felt happening.

Ask them to note and explain which of the learning disciplines and what aspects of the change process were evident and/or missing but needed in the game.

