

## Hitch!

Stepping Stones : Teambuilding & Empowerment; Body, Movement and Senses

Materials : no materials

Type of exercise : oral

Duration exercise : 15 min.

### Objectives

- The learner can give and ask information.
- The learner can understand simple instructions.

### Instructions

- Form a circle, everyone standing at arm's length from each other, facing each other.
- Ask the learners to hold their arms in front of them and to close their eyes.
- Ask them to put their left hand out, and take another hand at random.
- Ask them to do the same with their right hand.
- The learners are not allowed to hold both hands of the same person or the hand of their neighbour.
- Ask the learners to open their eyes.
- Ask the learners to untie the hitch as quickly as possible. They are not allowed to let go of the hands they are holding.
- Record the time.

### Variant

- Repeat the exercise with the challenge to improve the time.
- Discuss afterwards the most efficient way to untie.

### Tips for the instructor

Divide bigger groups into two or three teams.

**Read more in our manual at [www.alternativeways.eu](http://www.alternativeways.eu)**

*Language skills / Linguistic performance*

- Listening
- Speaking

*Linguistic competence/knowledge*

- Vocabulary
- Sentence construction

*Social-emotional skills and competences*

- Communication skills
- Empowerment
- Fun
- Imagination, creativity and learning to learn