

# Positive Images - Positive Effect

Lasting results through putting people first.

## Sinking Islands

Time: 15 – 30 minutes    Numbers: 8 to 30

**Overview & Purpose:** Short fun activity to promote individual alertness, quick thinking, problem solving skills, where cooperation and collaboration are also important.

**Description:** As a single activity or part of an activity session, the group(s) must make their way to any of the 'Islands' placed around the activity area. When directed everyone must be off the ground/floor and on an 'Island'. **As the activity progresses the number of islands decreases.**

**What you will need:** Make a series of small islands out of newspaper or black sheeting from garden centres used to prevent weeds growing through a pathway. Try 1 x 1 metre, 2 x half a metre and 4 at smaller than half a metre. Double the number of 'Islands' for groups larger than 15

**i** (a) This activity can be used as a short activity of, say, 3 to 6 rounds.

**i** (b) Alternatively the activity can start with everyone on an 'Island' and when told to change they must move from their 'Island' to another before 'time' is called.

**i** (c) For the 'Alertness Activity' try reducing the level of your voice, with each 'shout' to almost a whisper.

Accept Challenges > Growth

Accept the challenges so that you can feel the exhilaration of success

### As Main Activity

**1 Part one:** Explain to the group there are a number of 'Islands' where they must stand when told to do so. Once on the 'Island' they must not touch the floor until told to return to what ever they were doing.

### As Main Activity

**2 Part two:** Any person who can not find an island is deemed to be out. Two failures to get on an island and they must sit out until the next round.

### Alertness Activity

**3a Part three:** Alternatively, explain to the group you may give a shout 'Islands' and on hearing the word they must get to an island and remain on the island and off the floor until told otherwise.

### Alertness Activity

**3b Part three:** The last three people who cannot find an island and get off the floor is deemed to be out. Explain the idea is never to be caught out.

"The Pocket Facilitator's Handbook provides 10 rules of facilitation, encompassing principles of practice that underpin and support those facilitating creative problem solving. These rules are not designed to be prescriptive, but to help maintain focus where needed, and to help better understand the motivation and direction of creative problem-solving activities." *The Pocket Facilitators Handbook* (Paul Lee 2014)