

Talisman

What: A difficult, physical problem-solving/teambuilding activity for high performing teams.

Group Size: From 8 - 20.

Space Required: a large, relatively flat open space at least 50 feet in length. Large conference rooms work well -- football fields are even better!

Time Required: 1 hour

Props Required: Cones or other markers to designate the start and finish lines; some easily-recognized prop to be the talisman -- a rubber chicken is the best!

Objective: For the group to move across the poison peanut butter from point A to point B given the following restrictions:

1. You must have the Talisman physically with you as you cross;
2. Each person may only use the Talisman one time going one way; and
3. The Talisman cannot be thrown or tossed.

Facilitator Notes:

1. This activity is mentally and emotionally challenging - expect frustration, "start-overs," and other signs of stress. Be very deliberate about your goals and your group - while chaos is not necessarily a bad thing (see Peck's *The Different Drum*), you wouldn't want to throw folks there on a whim.
2. This activity is physically challenging - a correct solution will have at least one person "carrying" two other people across the peanut butter. Make sure you check in with folks beforehand about any low back, knee, etc. issues and monitor appropriately.