



# MELTING ICEBERG CHALLENGE

## *Purpose & Focus*

This activity focuses on communication and teamwork.

## *Participants*

Teams of 4 to 6 participants.

## *Time Allotment*

15 – 30 Minutes

## *Activity Level*

Moderate

## *Materials*

- Each team is given a large sheet (e.g. old bed sheet, tablecloth)
- Optional: Blindfolds

## *Preparations*

- This activity can be performed in a gym, a large room, or outdoors.

## *Method*

- Teams lay their sheet out on the floor.
- On the facilitator's signal, teams must all stand on their sheet.
- No participant may touch the area outside their sheet.
- Teams then get off of their sheet and fold it in half.
- The teams continue this process as their sheet gets smaller and smaller with each fold (like an iceberg that is melting).

## *Optional:*

- After completing the activity with the full version of the rules, now require one participant on each team to be blindfolded.
- After each round, an additional participant may be blindfolded. Continue to do this until all but one of the participants are blindfolded.

## *Discussion*

- How did having one or more blindfolded participants on your team affect your communication?