



Teamwork



Resilience

Title of the game

Human Chain

It is an effective game for promoting teamwork, building confidence and resilience in pupils.

Recommended age for this game:

11+

Duration:


20-45 min



Number of Students:

10+

Game Use:

 In the classroom



Instructions:

Divide the students into teams of 6-10 people. Form a circle with each team and ask them to stand so that they are relatively close to each other.

Explain that the aim of the game is to pass the object from one end of the circle to the other, without dropping it on the ground, using only the participants' hands. One participant starts by holding the object in one hand. This participant must pass the object to his/her neighbour on the right (or left) without dropping it.

The object continues to be passed from person to person around the circle until it reaches the opposite end.

If the object falls to the ground at any point, the team must start again from the beginning.

Once the team has successfully passed the object from one end to the other, they can try to pass it in the opposite direction or increase the speed of the game.



Materials:

A light, easy-to-carry object (e.g. a ball, a balloon, an empty bottle, etc.).



Tips for the game:

- Encourages students to work together, keeping a steady pace and paying attention to each other's actions.
- Promote participants patience and perseverance.
- Remind participants to support each other and offer words of encouragement during the game.



Reflective questions for students:

- How did you feel about working as a team during the game?
- What strategies did they use to keep the object moving effectively?
- What did they learn about the importance of coordination and collaboration in teamwork?