



The Change Train

Communication, Teambuilding

Objectives

- Learning to listen and follow instructions.

Supplies: none

Instructions:

1. The facilitator serves as the 'conductor' of the trains.
2. Participants get into groups of 4-5, lined up one behind another. Everyone places their hands on the shoulders of the person in front of them.
3. The conductor will issue commands and the 'trains' will respond accordingly. First practice the commands and the actions while standing in place till the group 'gets it'.
 - a. Switch – first person in line goes to the end of the line
 - b. Change – first person goes to the back of the line; last person comes to the front of the line
 - c. Rotate – everyone turns and faces the other direction (180 degree turn)
4. Once the 'trains' understand the commands, encourage them to move around the room and keep moving as the conductor gives the various commands.

Facilitator Notes



Notes for Facilitator:

- Practice in place to review the commands.
- Have trains move about room, responding to commands while 'in motion'.

Reflection:

- What were the challenges of this activity?
- Was your group able to follow the commands without any missteps?
- Did your group do anything to make improvements?
- Did anyone in the group seem to offer a 'push' in the right direction?
- Did the 'leader' change? Can you relate these changing roles of leadership to everyday experiences?

Adapted from Jim Cain workshop presented at National Camping Institute, Oregon, 2010.