



# Champion Rock, Paper, Scissors

Ice Breaker/Energizer

## Objectives

- Promotes team spirit
- Involves everyone

Supplies: none needed

Facilitator begins by explaining Rock, Paper, Scissors (yes, there could be persons who have not played before and this ensures everyone understands the process). Will it be 1,2, shoot or 1,2,3 shoot?

- Scissors beats paper
- Paper beats rock
- Rock beats scissors
- Participants pair up and do RPS; the 'winner' advances while the 'loser' becomes his follower/cheerleader.
- The 'winner' finds another person to play against. The 'losers' become the 'team' for each respective winner and are an enthusiastic cheerleader and biggest fan.
- Play continues as the team grows till there is only one winner and everyone is on the same 'team'.
- Fun, loud and energetic way to play RPS; very inclusive

## Facilitator Notes



Notes for Facilitator

- Ensure that everyone is playing.
- Encourage the 'losers' or followers to really cheer for their team

Reflection

- Discuss with group how it felt to be part of the team.
- To win, someone else loses – how can you embrace that situation?
- As a leader, how do you address those that win and those on the losing side of a conflict/situation?