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PR3 Training Toolbox

[Space Eggs]

SESKAT. Development of social and emotional skills in adult training

2021-1-DE02-KA220-ADU-000035095



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1) NAME AND DESCRIPTION OF THE TOOL

Space Eggs is a fun activity that can be implemented by groups. It serves as a team-building and leadership exercise and also encourages reflection on communication between individuals.

2) OBJECTIVES OF THE TOOL

The main objectives of the activity are:

- Promoting reflection processes within participants regarding team working, leadership style, and inclusion and participation;
- providing the opportunity for individuals to get to know each other within a group through a practical and enjoyable activity.
- working on the group dynamics of the class.

3) CONNECTION OF THE TOOL WITH EMOTIONAL INTELLIGENCE/SOFT SKILLS

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The activity can be described as a team-building activity, as small groups of people need to collaborate on a creative task. However, it also provides an opportunity to focus on leadership styles, communication styles, roles within the group, and the processes of participation or exclusion.

4) RESOURCES & MATERIALS

"Materials needed are:

- 50 straws per team
- 1 roll of Scotch tape per team
- 1 egg per team

1 trainer who will work as the activity facilitator, 1 trainer who will serve as the observer and take notes on group dynamics.

5) IMPLEMENTATION OF THE TOOL

Step 1: In the initial step, we divide our group into small teams, each consisting of a minimum of 4 people and a maximum of 8 to 10 people. We ask them to choose a team name (10 minutes).

Step 2: Moving on to the second step, we provide them the instructions. As a team, they have 30 minutes to construct an Egg Spaceship using only an egg, 50 straws, and Scotch tape. No other materials are allowed. The objective is to make the Egg Spaceship fly (or fall) from a raised surface without breaking the egg. Teams challenge themselves to build the most robust Egg Spaceship (5 minutes).

Step 3: Teams are given 30 minutes to build their Egg Spaceship. Meanwhile, trainers observe group dynamics and take notes (30 minutes).

Step 4: It's time to launch! We initiate the launch of the spaceship from a raised surface, starting at 1 meter and gradually increasing the height. For each round, the team that successfully launches their Egg Spaceship without breaking the egg advances to the next round. The last team with an intact egg is the winner (15 minutes).

Step 5: We gather the group in a circle and facilitate a reflection on group dynamics, focusing on roles within the groups, leadership styles, communication styles, planning operations, and inclusion or exclusion processes.

6) EXPECTED LEARNING OUTCOMES

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Space Eggs is a humorous approach to working on group dynamics, offering participants the opportunity to reflect on their roles, engagement, and behavior.