

Count on the Group!

**SESKAT Training
Toolbox**



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Description

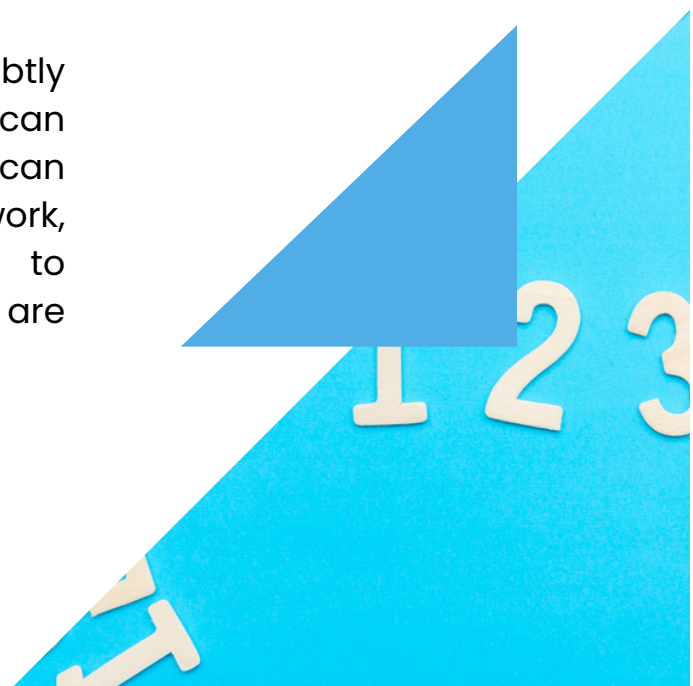
Count on the Group! is an amusing activity that subtly works on frustration management skills, especially within a group. It can also serve as a great energiser and a tool to elevate focus within the group.

Objectives

- To enhance frustration management skills
- To increase the group's capacity to listen to each other and solve communication problems
- To energise the group.

Connection with Soft Skills and Emotional Intelligence

Count on the Group! creates subtly frustrating situations that can be resolved through cooperation. It can be an interesting asset for work, using a controlled situation to address frustrating feelings that are usually not so easily managed.



Resources and Materials

No materials are needed.

Steps

01

Arrange the participants in a circle. The activity should have at least 10 to 15 participants. The more people participating, the more amusing, challenging, and engaging the activity becomes. Explain that the goal for the group is to count aloud until they reach the number of participants in the group; for example if there are 20 participants the goal of the group is to count to 20.

02

Each participant can say only one number per round. They cannot speak over each other, use a predefined strategy or order, or use hand signals/body gestures to indicate their turn or a specific number. Every time they break a rule, they must start from the beginning again.

Usually, the group underestimates the task and the initial attempts often fail in the early numbers. Here is where they might begin to feel frustrated, so the you may allocate another 5 minutes to give them time to find a solution. Repeat this process as many times as necessary.

03

Run a short reflection using these questions:

- How did you feel during the activity?
- How did the group manage frustration when facing challenges?
- What strategies were effective in finding a common solution? How are you feeling after going through the entire process?

Learning Outcomes

The group should be able to:

- Reflect on how they are managing frustration
- Consider potential solutions for addressing common problems with shared strategies

