

Space Eggs

**SESKAT Training
Toolbox**



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Description

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.

Objectives

- The main objectives of the activity are:
- To promote the reflection processes within participants regarding team work, leadership styles, inclusion and participation
- To provide the opportunity for individuals to get to know each other within a group through a practical and enjoyable activity
- To improve the positive group dynamics of the class

Connection with Soft Skills and Emotional Intelligence

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.



Resources and Materials

Materials needed are:

- 50 straws per team (4 to 10 people 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.

Steps

01

10 minutes: In the initial step, divide the group into small teams, each consisting of a minimum of 4 people and a maximum of 8 to 10 people. Ask them to choose a team name.

02

5 minutes: Provide them with 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

03

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

04

15 minutes: It's time to launch! 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

05

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.

Learning Outcomes

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

