

# Helium Stick Icebreaker Game

**Simple to run, but a powerful icebreaker from our range of training resources.**

This training resource works well:

- as an icebreaker, to make key learning points
- with limited time and as a fun pick-me-up
- for conference breakout sessions
- for indoor or outdoor use.

## The Process

The team's briefing sheet tells them they must form two lines, facing one other and support the Helium Stick on their index fingers. They must not allow the stick to come apart as they lower it to the ground.



This sounds easy for the team to achieve, but they will soon discover it isn't.

Typically the Helium Stick goes up rather than down, until the team organise themselves. (There is no helium in the stick; it is the way the team works that makes the stick rise or fall.)

This game mirrors the business dynamic of projects starting out well, but quickly going awry. Why is that? Sometimes even the best plans do not work. What you do as a team when plans go awry has everything to do with teamwork, trust and communication. Teams come away from this activity with a deeper understanding of how they work best together.

The Icebreaker Game Includes:

- 6 separate 'Helium Sticks' joined by an elastic cord to make a 3 metre long stick
- Laminated Trainer's Guide
- Laminated Team Sheet.

## Benefits of the game

- Brings out key issues such as Teamwork, Leadership, Communication and Focusing on goals
- Acts as an icebreaker and leads to greater understanding between group members
- Creates a territory in which the group must devise a strategy for progress
- Absorbing and challenging
- The facilitator can brief the group so it can be used in any language
- Integrates into any training situation
- Small and easy to transport
- Simple to set up and administer with clear instructions and Trainer's Guide with review suggestions.
- Helium Stick is ready to use and needing no additional equipment or facilities
- Laminated Team Sheets.

## What to Do

1. Assemble the sticks to the length you need them.
2. Tell the teams you have acquired some special helium sticks which when in contact with warm hands become very light and want to float. Your task as a group is to support the stick at shoulder height with both your index fingers and when I tell you, to lower the stick to the ground.
3. If you believe that a number of people are likely to have difficulty in bending down to the ground, you can tell them to lower the canes until they reach knee height.
4. Issue the team(s) their printed instructions and allow them up to 5 minutes to absorb this information.
5. Check they understand the rules and emphasise that if someone loses contact with the stick or the stick comes apart they must start again.
6. Tell the team(s) to split into two with half going on one side of the Helium stick and the other half going on the other side of the stick, so each half of the team is facing the other half.
7. Tell everyone to lift up the stick and extend their arms and holds out their index fingers at shoulder height (like they are pointing at someone) and support the stick.
8. When they and you are ready set your watch/timer to record the time and say "On your marks, get set, go"
9. Monitor the teams to ensure they keep to the rules and help and support them as necessary.
10. Debrief the action.



**Timing:** Helium Stick game lasts between 2 and 20 minutes + debrief.

**Numbers:** 5 to 20 participants.

**Who:** Staff at any level.

**PC required:** None.

**Licence Free:** When you buy this training material, there are no restrictions on the number of times you can use it.

**Cost to buy:** You can buy this business game (which includes a trainer's guide) and use it yourself for £125 + delivery and VAT (if applicable).

We will also run this game for you, please contact us for details.

**For further information please contact:**

**Liz Garrard  
Training Co-ordinator  
Elite Training European Ltd  
3 Parkers Place  
Martlesham Heath  
Ipswich  
IP5 3UX**

**Telephone +44 (0) 20 3290 1473**

**Email: [liz@elitetraining.co.uk](mailto:liz@elitetraining.co.uk)**

**Website: [www.elitetraining.co.uk](http://www.elitetraining.co.uk)**