

## Lesson 2

# Icebreaker: The Maze

The Maze is a group problem-solving and leadership activity.

### Overall Goal

This activity is used as an “icebreaker,” a fun way to start the RRLA and introduce basic concepts of leadership.

### Lesson Outline

1. Introduction	3 min
Objective of the Game	
Rules of Play	
2. The Maze – execution phase	10 min
3. Debriefing Questions	3 min
4. Conclusion	2 min
<b>Estimated Duration</b>	15-20 min

## LESSON PLAN

### Success Criteria

The group completes the task when all members successfully go through the maze without stepping on the incorrect bases. Each person must eventually pass through the maze, not just one person.

### Equipment

You create the maze by using pieces of letter-sized paper. If possible, use colored paper, not plain old white copy paper. If your floor is made of vinyl tile, hardwood, concrete, or something similar, use tape to hold the bases in place.

### Set-Up

Organize the bases about 2’ apart (one giant step), as shown in the diagram below. Depending on the number of students you have, you may want to have multiple stations. It is recommended that no more than 10 students use the same maze.

### Rules of Play

1. Begin by telling the group where the entry spot is located.

Adapted from D.W. Midura and D.R. Glover, (2005), *Essentials of Teambuilding: Principles and Practices*, pp.103-105. Reproduced with permission of Human Kinetics (Champaign, IL).

2. Have the group members line-up to help them take turns.
3. Group members attempt to navigate the maze one person at a time.
4. Group members will step on each base once but only once.
5. If a group member steps on a wrong base, the instructor signals the mistake with a buzz sound ("eennnhh!"). The group member's turn ends and the next person's begins.
6. If a group member successfully navigates the maze, he or she is done.

### Debriefing Questions

**1. What does it take for a group to navigate through the maze? What do you have to do as a group to win?**

- You have to pay attention to what the people in front of you have done.
- You have to try solutions others haven't attempted, plus not repeat their mistakes.
- It helps if the group members don't just remain individuals but think like a team. People need to call out directions to one another and help each other.
- This is "synergy," the team's ability to become greater than the some of its parts, the belief that Together Everyone Achieves More.

**2. Who stepped forward to direct the team when it needed help? What does that say about that individual(s)?**

- It shows that individual(s) was ready to lead and help the group.

**3. Why did those leader(s) shout out directions?**

- They wanted the team to lead.
- They weren't trying to be a boss, they were trying to be helpful.

### Conclusion

The Maze shows us that in the leadership environment, we have three things. We have people willing to lead, people willing to help get the job done, and the job or the challenge itself. People are apt to get the job done best if they work together as a team. After all, "team" can stand for Together Everyone Achieves More.

