

Title	ANTWALK
Duration	10-20 minutes
Nr of participants	5-20
Logistics (space, materials...)	A spacious area allowing for the construction of one or two obstacle courses, tailored to the specific needs of the group. Utilize materials to craft inventive obstacle courses, fostering creativity in the setup.
Precautions	<ul style="list-style-type: none"> - Team Building - balance
Objectives	Coordination Communication Decision-making Teamwork
Preparation	Prepare one or two courses based on the specific requirements of the group. Utilize colored and numbered papers, tailoring the quantity to the group's needs—include two of each color and one of each number. Strategically place one paper of each color somewhere along the course.
Description	<p>The instructor sets up one or two courses. If there are two, the group collaboratively decides which course each participant is comfortable with.</p> <p>Participants receive either a number or a color on a piece of paper based on the group's preferences.</p> <p>For those with numbers, the person with the lowest number gets a secret order for their group to stand on the course. Without talking, participants try to find the correct positions.</p> <p>If participants have colors, they must locate the same-colored spot on the course and position themselves there.</p> <p>Groups aim to move simultaneously without talking or falling off the course.</p>
Guidelines for the facilitator	Course Selection Assistance: <ul style="list-style-type: none"> ● Assist the group in deciding which course to undertake, especially when offering two options.

	<ul style="list-style-type: none"> ● Consider individual preferences and comfort levels, ensuring everyone feels at ease with their chosen course. <p>Clear Communication of Instructions:</p> <ul style="list-style-type: none"> ● Clearly explain the instructions for both number and color scenarios. ● Ensure participants understand the objective of finding positions based on either secret orders or matching colors. <p>Emphasis on Silent Coordination:</p> <ul style="list-style-type: none"> ● Stress the importance of non-verbal communication and coordination within the groups. ● Encourage participants to move simultaneously without talking, fostering teamwork and problem-solving without verbal cues.
<p>Origen</p>	<p>Course Selection Assistance:</p> <ul style="list-style-type: none"> ● Assist the group in deciding which course to undertake, especially when offering two options. ● Consider individual preferences and comfort levels, ensuring everyone feels at ease with their chosen course. <p>Clear Communication of Instructions:</p> <ul style="list-style-type: none"> ● Clearly explain the instructions for both number and color scenarios. ● Ensure participants understand the objective of finding positions based on either secret orders or matching colors. <p>Emphasis on Silent Coordination:</p> <ul style="list-style-type: none"> ● Stress the importance of non-verbal communication and coordination within the groups. ● Encourage participants to move simultaneously without talking, fostering teamwork and problem-solving without verbal cues.