

Activity: **Perfect Square**

Overview

Perfect Square is a fast-moving game with a team-building twist. Your group must try to keep you at the center of their perfect square. No matter where you move or how you turn, group members must remain in the same orientation to you as when they started. This is a great opener at the beginning of an activity session.

Set Up

Props

No props required.

Set Up

Participants need to form four equal lines to create a perfect square around you.

Instructions

Participants must work to keep the perfect square intact no matter where or how you move. Each line of the square is a team racing to be the first in position every time you change positions or physically move.

Lines must always be in the same order, location, and proximity to you as when they started. The line to your front must always be to your front, the line to your back to your back, and left and right sides to your left and right.

Each line of participants signal that they are in correct position by holding up their hands together and yelling "done!" Be creative. Have fun with this by moving across the room, spinning in circles, and trying to confuse the group.

Variations

Introduce different shapes into the exercise such as triangles, hexagons, trapezoids, and other fun shapes.

Sample Story Line

"Welcome to the 'Wide World of Wacky Games and Crazy Formations' (WWWGCF) brought to you in part by 'Puffy Sugar Things' brand lunch treats. Today we are broadcasting live from (insert your location here) with the craziest contest around, the Perfect Square! It's so crazy! Here's how it works: No matter what I do, your team must create and keep a perfect square around me. Check your distance from me and the order of your line, because everything needs to remain the same no matter what happens. The line to my front must always be to my front, the line to my back always to my back, and the lines to my left and right to my left and right. Each line in the square is a team, racing to be the first in place whenever I change positions. You signify you're in the right place by all holding your hands in the air at the same time and yelling 'done!' Don't jump the gun. Only call 'done' when you are really in place."

Safety

Ask the group to be careful when switching around from place to place. Group members should be careful not to run into one another while getting into position.

Reflection

Perfect Square is a great game for acquainting a group of people. We often use it simply as a mixer, but you can ask the following questions as well.

Discover: "What worked for you?"

Connect: "Where else in life are you moving fast, trying to keep your position (metaphorically)?"

Create: "What is the most important thing you noticed during the activity?"

Additional Questions: "What was the best part about the activity? What strategy did you use to get your line in place?"