

**Title:** Pressure/Counter-pressure

**Brief summary of activity**

Participants will work in tandem and collaboration to achieve a successful end to the activity

**Aim of the activity**

Participants will experience the importance of collaboration and positive groups dynamics.

**Expected Outcomes**

- Understand the importance of collaboration and compromise to ensure positive Group dynamics.
- outline the values which inform practice in training / training practices
- demonstrate good training practice

**Information for Trainers:**

- **experience and skills required**
- **Infrastructure, setting, resources**  
A room big enough to allow participants to sit in pairs on the floor and carry out the activity.
- **Length:**  
15 minutes

**Materials**

**Description**

- **How the activity should take place.**

After welcoming the participants, ask them to break into pairs and sit on the ground back to back.

Ask participants to interlock their arms and by using their legs and supporting each other to try to stand-up.

When the exercise is finished, ask them how they've successfully managed to complete the exercise (did they communicate with their partner during the exercise, they intuitively supported each other, as for one to rise, the other one had to rise too).

- **Recommended max. number of participants and trainees to trainers ratio**  
10 to 1

**Risk and possible adaptation**

**Variations:**

**Tips for Trainers:**

Be aware that some participants might be resistant or unable to engage in the exercise. If that is the case ask for 2 volunteers to do it for the group.

**Participants:**

**Analysis and evaluation:**

Ask participants what was the activity about and what have they learn during the activity that they can apply to the training they deliver.

**Scheduling:**

**Tagging (Keywords):**

Collaboration. Co-operation. Group dynamics.