

## Title: Ice Breaker

### Ground rules:

I am a facilitator who guides you and asks questions. You are the owners of your learning and will make decision about what you do and how you will measure your success.

### Overview

- **1.0 Ice Breaker ... [Marshmallow project](#) (Begin our thoughts on the problem to be solved)**

### Essential Questions

- Why are we doing this?
- How are we going to do this?
- What outcome do we expect?
- What can we learn from this?

### Material & Preparation

<http://www.projectacademy.org/Documents/marshmellow-short-intr.pdf>

Each team needs 1 yard of tape, 1 yard of string, 20 pieces of spaghetti (uncooked, of course), and one marshmallow. I also recommend making available one or two small scissors for all teams in the group to access during the activity.

Each team has 18 minutes to build the tallest, free-standing structure using the materials supplied to each group. The marshmallow must be attached to the top of the structure you build. After 18 minutes, I will measure the height of each structure that remains standing with the marshmallow on top. The winner is the team whose free-standing structure is the tallest.

### Tasks

- Introduce each other
- Create <5 people teams

No more than 5 people per team. If the total group size is just 5 or 6 people, divide the group into teams of 3, if at all possible. Team size is more important than total number of participants involved in the activity.

- Create name tags
- Hand out instructions for the exercise

### Purpose:

Get the students to work together and begin to cooperate in a team format to solve a problem.

Time: 45 minutes or less 5 minute introduction; 18 minute activity; 5 minute video. Additional time for discussion. The 18 minute exercise is fixed. Other times can be adjusted as needed.

### Follow-up questions to ask of the group to facilitate discussion and further learning

1. Was there a leader on your team? Who was it and who decided who the leader would be?
2. If you had no leader, do you think having designated someone a leader would have helped?
3. If you had a leader, how did he/she do? Of the leadership practices we have learned so far, which did your leader use?
4. How helpful was everyone on your team in challenging the process of building the tallest structure? Did anyone appear to be an expert?
5. Did any team members tune out of the activity—out of frustration with other members or for some other reason? What could you have done to keep all members of the group fully engaged?
6. Did you feel everyone's ideas were well received during the activity?
7. How did you feel as the time limit was approaching? Did pressure increase? If yes, was that helpful or not?



8. In retrospect, what could you have done better to enhance your ability to Challenge the Process?
9. Did you practice oversight? Where might new ideas have come from given your time constraint?
10. Did you celebrate small wins? If yes, how did you do this?

