

## **Flip and Zoom**

**Focus:** Focus, dealing with conflicting ideas

**Sequence:** Deinhbitizer

**Materials:** None

**Sources:** *Frank Fry*

### **Suggested Procedure**

1. Get into a circle.
2. Have everyone stand so that their hands are out in front of them with both thumbs pointing in the same direction (i.e. the left hand is palm down, and the right hand is palm up).
3. Tell the person on your left that the whole group is her team, and that on your signal she is to flip her hands over (both thumbs point to the left). The person next to her will do the same. This continues all the way around the group like a wave.
4. Time how long it takes to get all the way around the circle.
5. Tell the person on your left that the point of the activity is speed, and does she have anything to say to her team?
6. Do the activity again and time it.
7. Now tell the person on your right that the whole group is his team. On a signal from you he will say the word “zoom.” This gets passed around the circle like a wave.
8. Time how long it takes to get all the way around the circle.
9. Tell the person on your right that the point of the activity is speed, and does he have anything to say to his team?
10. Do the activity again and time it.
11. Remind them that the activity is all about speed. Tell them that on your signal they are both to start their task (hand flip and “zoom”).
12. Try it and see which one comes back first, and which second.
13. Repeat as many times as seems appropriate.

### **Sample Processing Questions**

- How did it feel to be in the middle where the two signals stumbled over each other?
- What did you do to handle the challenge?
- For those who had an easier task, what did you do (or not do) to help the situation, or make the situation more difficult?
- How can we handle differences of opinion, style, beliefs, etc. in here so that we can honor and respect each other instead of ridiculing or hurting each other?

### **Facilitation Notes**

When doing both tasks at the same time one or both of the signals does not generally make it around the circle. Be alert for blaming or teasing. The point is not to ridicule those who are having difficulties, but to figure out how to make it work. If blaming or teasing happen, it is a good opportunity to explore the idea of empathy – some people’s task was easier than others.

This is also a good activity to illustrate the clash of ideas, opinions, styles, or thoughts. Sometimes there are things that are not so compatible, or cause “turbulence.” It is not the end of the world – simply a time to notice, step back, and figure out how to handle it. Generally we can find ways to deal with the challenge or obstacles and move on.