

# Give us a break!

## Resource sheet 20 Helium stick

You will need a thin stick about 1.5-2.0 metres in length.  
A thin piece of dowelling or a garden cane is ideal.

- The group forms two lines facing each other about 50 cms apart. An odd number doesn't matter.
- They extend their hands towards each other with forefingers outstretched. Palms face down or inwards – not up.
- When all forefingers are in line the stick is placed on top of them.
- The group is instructed to work together to lower the stick to the floor.
- There is only one rule: everyone must keep both fingers in contact with the stick at all times.

(What happens is that the stick inexplicably rises up instead of going down. After a few attempts ask the group to try and think of a strategy that might help. In the discussion that follows ask the group which strategy worked best/worst and why they think this is.)

