

“Silent Walk” | Warm-up | Cooperation exercise

Short description	Together the participants discuss the last module and reach agreement on the common objective of this activity. The concentration exercise can only succeed if participants show consideration for each other and know how to participate in collective decisions.
Topics	Cooperation, concentration, frustration tolerance
Learning objectives	<ul style="list-style-type: none"> • Concentration and consideration for others • Openness and readiness to see oneself as part of a group
Setting	Unlimited, whole group
Time frame	10 - 30 min.
Materials	-
Instructions	<p>This is an exercise, the difficulty of which is often underestimated by participants when explained at the beginning: the class forms a line in single file, each person placing their hands on the shoulders of the person in front while they walk through the school. The pace is set by the first person in line who normally would be the teacher, and is intentionally slow. The objective is to remain absolutely silent for the five minutes or so that the walk takes. There must be no noise apart from the sound of footsteps – no words spoken or whispered, no coughing or sneezing, no throat clearing. Each time the teacher or supervisor detects a noise disturbance the exercise is interrupted and the participants must return to the starting position (sitting in chairs in a wide circle). The exercise will then recommence without delay on a signal from the teacher, who waits until all is quiet in the room, counts to three, and waits for a further moment before standing up. The walk begins again as the teacher slowly leads the circle in a given direction and one by one they attentively join the line. The first two or three attempts are bound to fail. The teacher is recommended to consistently halt the proceedings on perceiving any disturbance, thus making the purpose of this activity clear to the participants. The chosen way through the school should not be too difficult; just a few steps are real obstacles. And the entire walk should not last longer than five minutes so that the class has a good chance of completing it successfully. It should end with a brief reflection along the following lines: “What is the point of this?” “Why did we (not) succeed?” “Shall we try it again later?”.</p>