

## ACTIVITY

### THE BALLOON GAME

Try this team building activity at your next collaborative meeting to learn more about the leadership styles of members. This works best as an energizer after lunch or to revive a group during long meetings.

**Time:** 10 – 15 minutes.

**Materials:** About 10 inflated balloons

**Directions:** Ask the group to form a circle. Throw one balloon into the air and ask the participants to keep the balloon in the air. Begin to add more balloons, one by one. Each time a balloon is added, instruct the group to keep all the balloons in the air. This is the only instruction or rule.

Observe various behaviors in the group. Look for cheerleaders, planners, people who dive into the middle, people who back away from the process. Stop the game when the group is overwhelmed, it gets too crazy or dangerous, or the group lets all the balloons fall.

**Debrief Discussion:** In playing the game, what did you observe about your personal leadership style? What behaviors did you observe in yourself or others that relate to collaboration? What are the parallels between the game and leading a collaborative?

Note: Sometimes it is OK to let all the balls drop! You can always pick them up and start again.