**Sphere and Coordination Magic Stick Activity**

Instructions for facilitating the exercise

**Step 1:** Find or make a straight “stick” that is around 1 metre (3½ feet) in length for every 6 or 7 participants. i.e. 3m for a group of 20 people or 5m for a group of 35.

Use strong tape to tape together tent poles or the poles from roll-up banners. If you cannot find a stick, you can make one from flip chart paper and masking tape. If you are not sure how to do so, read the guidance here:  
<https://www.instructables.com/id/Stick-o-Paper/>

**Step 2:** Place the stick on the floor and ask participants to divide themselves equally on either side of it. You may need to divide the participants into smaller groups to run this exercise, and, depending on the group size, you may want to use a second stick of equal length.

**Step 3:** Task them with picking up the stick (and putting it down again) using only one finger each. Let participants know that they are not allowed to use their thumbs at all to support the stick and they have to complete the task in 5 minutes. Inform them that everyone has to be touching the stick at all times. The set up should look like this:

