

*Sock it to 'em.*

THE Customer's  
SHOES LTD

A quick and simple energizer that encourages the spirit of team work through silent communication and eye contact.

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# The Concept

A quick and simple energizer that encourages the spirit of team work through silent communication and eye contact.

Sock it to 'em is relevant to any organisation because it links directly with the need for that team spirit and ability to connect with other individuals within any organisation. It presents the idea of silent communication and taking a moment to connect with fellow employees to achieve objectives however small. Most importantly however this energizer is about breaking down barriers between workers, particularly if they are new to each other, and is a fun way to break the ice with new colleagues.

## Participants:

6+ participants will work well with this activity, however the more people involved the more challenging, and therefore beneficial, the energiser will be.

## Materials Needed:

You will require the following resources:

- 1 or more brightly coloured pairs of socks (rolled into a ball) or 1 or more soft medium sized balls.
- A free area that has no obstructions, allowing your participants to stand in a circle.

## Objective:

Participants must use silent communication, mainly eye contact to indicate who they will next be 'socking' it to.

## Time Needed:

Set-up time: approx 10 minutes

- 2 minutes briefing and set up
- 6 minutes for execution
- 2 minutes review and set down

## Set-up:

You need an area in which the participants can stand altogether in a wide circle. Begin with one pair of socks (or one ball) to hand with more available nearby to easily be added swiftly to the game and up the challenge.

## Steps:

1. Ask all participants to come forward to the allocated free space and create a wide circle with each participant standing (not touching) next to each other.
2. The explain to the participants that they will begin with one pair of socks within the circle given to one participant, this participant must then chose another participant that he would like to catch the socks. He must then communicate this to the participant in mind by making eyes contact (pointing is not allowed).
3. When a second participant thinks that they are the chosen one, they must say 'Sock it to me!' and the first participant will then throw the socks for them to catch.
4. The process will then begin again and the pace should quickly increase as participants get more confident. It does not matter if people get confused and call out when they are not being signalled as this is half the fun. However if the group become to noisy and they are not carefully taking the time to really understand others communication, then you should step in and ask participants to slow down and quite down for more succesful execution.
5. When the participants are farely confident with the process and the game seems to be flowing trouble free, without stopping the game tell participants you will now be adding another pair of socks.
6. Watch participants continue the game now having to pay evenmore attention to each other. When the time seems right add another pair of socks, and see if they can handle it. If they are beginning to continually drop socks or the game has slowed right down then now is the best time to stop and review.
7. If the participants are still playing succesfully, continue adding pairs of socks until the hame no longer works (or until you run out of socks!). By this point participants should be relaxed and comfortable with communicating with each other, silently or otherwise.

## Review:

Start a discussion by asking the group to think about what they have just experience and how this relates to your organisation. They should be able to easily identify the need for team work and focus. Ask them what problems they encoutered and why this was? (Expect the answers... s-and-so couldn't catch!)

They should begin to reflt on reacting too quickly or not reacting quick enough, as well as at first not feeling confident enough to take the time to make clear eye contact.

## Potential Difficulties

- Avoid using a too small area and beware of trip hazards
- If you don't use socks, ensure that the balls are soft and cannot easily cause breakages