Paper airplanes

MIndset Shifters

Leadership:	1-2 people
Room structure:	Space to break up into groups
Required resources:	Paper, timer
Time needed:	10-30 minutes
Group size:	3-4 people per group

Facilitator's Instructions:

The set up:
- Divide the group in smaller groups of 3-4 people.
- Provide each group with a large piece of paper (flip chart size) and multiple color markers.

The activity:
- Everyone raises their dominant hand (the hand you use to write with). Everyone puts that hand behind their back and are forbidden to use it for the activity.
- Each group has 5 minutes to work together without their dominant hands and build a paper airplane. The goal is building a plane that will compete in a contest to see whose plane can fly the furthest.
- When the time is up have a pilot from each group bring their airplane to the starting line. One by one, have the pilot launch the plane. They can use whichever hand they like for this part of the exercise.
- At this point, watch and enjoy the fun of the groups trying to figure out how to function with one not so dominant hand.
- You might casually point out a flaw in a plane and suggest they build a second one. You can encourage this by adding an extra minute or two to the clock so the groups have more time to build a second airplane.

The reflection:
- Groups will tend to work together, which is great! Applaud and encourage teamwork.
- The secret goal is getting groups to make prototype planes. Iteration leads to stronger outcomes.
- By not using their dominant hands, participants are forced to think about accepting and working with their weaknesses and how teamwork can overcome individual challenges.