



MIndset Shifters

# Marshmallow Challenge

<b>Leadership:</b>	1 Person
<b>Room structure:</b>	Large room with tables for each team placed approximately 15 feet apart
<b>Required resources:</b>	Each team should have: <ul style="list-style-type: none"><li>- 20 sticks of uncooked spaghetti</li><li>- One marshmallow</li><li>- One yard of string</li><li>- One yard of tape</li></ul>
<b>Time needed:</b>	45 minutes
<b>Group size:</b>	3-10 participants

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## Facilitator's Instructions:

The set up:

- Divide the participants into small groups of 3 to 10 people each. Each group will need a table to work on.
- Give each group 20 sticks of uncooked spaghetti, one marshmallow, one yard of string, and one yard of tape.
- Explain that the purpose of the activity is to build the tallest freestanding structure following these rules:
  - Build the tallest freestanding structure as measured from the table surface to the top of the marshmallow. The structure may not be suspended from another structure (like a chair, the ceiling, or a chandelier).
  - The entire marshmallow must be on top of the structure. Cutting or eating part of the marshmallow disqualifies the team.
  - Use as many or as few of the supplies as your team chooses, with the exception of the marshmallow (which must be placed on top of the structure)
  - Teams may break the spaghetti and cut the tape and string as needed to create the structure.
  - Teams may not hold the structure in place when the time stops. Touching or supporting the structure at the end of the exercise disqualifies the team.

The activity:

- The facilitator will announce the time groups have to build the structure and continue giving periodic time reminders to keep the teams on track.
- Once the time is up the facilitator measures the structures to determine the winner.

The reflection:

- Ask the groups about what worked well and what did not work as expected. What hidden assumptions affected the team's outcome?
- Did certain group members take on specific roles?
- Note to the group that young children normally do better than business executives. It's all about the iterative process.
- Design is a contact sport.