



ALASDAIR CANT & ASSOCIATES

ONE TO TWENTY

1-20 is a team game that is quick and simple. It's light-hearted and can help the group to develop their intuitive response in communication.

The idea is for the group to count up to twenty. This has to be sequential - ie start at 1 through to 20. Only one person's voice at a time and the caller must be random - ie no pattern, but with as many as possible shouting out a number. If more than one person calls out at the same time, the group must go back to start at number 1 again. Sounds easy but it can be deceptively difficult. It's rare a group can get up to twenty, although possible. I find most groups with practice, will usually get to about number 13. There's lots of laughter and it certainly lifts the energy.