



Toe to Toe

Step-by-Step Instructions:

1. Have couples stand face-to-face, lock arms together and remove their shoes.
2. Explain to the couples or pairs that this is a playful game and they should make sure that no one gets hurt.
3. Instruct participants that while holding onto their partner, each partner should try simultaneously to gently step on their partner's toes.

Tips for Discussion and Processing

This activity can be a lot of fun; however, couples can get really competitive. That is why it is so important to limit the time on this activity. Participating in the game is a wonderful way to illustrate conflict patterns in a relationship. This is truly what happens when people get locked into their positions and choose to battle it out; each person is trying to make their point and protecting themselves at the same time. It is often a battle where no one wins and both partners end up exhausted. There has to be a better way! This is when you introduce communication and self awareness as a way to manage these conflict struggles.

Title: Toe to Toe

Group Size: 1 to 50+

Time Needed: 5 minutes plus discussion

Goal: To examine conflict resolution

Audience: Parents, Couples, Teens, Children, Singles

Special Considerations: To keep it from getting out-of-hand, keep this one short. Couples in particular can be very competitive. *If you have two facilitators, you can demonstrate the activity before participants begin*

Resources Needed:

None