



# Toothpick Drop

## Step-by-Step Instructions:

1. Divide group into teams. This works best with teams of 5 to 8 participants.
2. Have teams line up next to each other on one end of the room behind a start line (usually made with tape on the floor).
3. On the other side of the room have one soda bottle per team, placed on the floor directly across from each team.
4. When you say “go,” the first person from each team should run down to their respective soda bottle while holding the box of toothpicks. If any toothpicks fall out during the run that player must go back to start.
5. When the player reaches the soda bottle he or she must try to get a toothpick into the soda bottle by dropping it from a standing position (cannot lean over).
6. Once a toothpick has been successfully dropped into a bottle, that player then runs back to the next player on their team and hands them the box of toothpicks.
7. Play continues until one team has had each member successfully get a toothpick into the soda bottle.

## Tips for Discussion and Processing

This is a fun group cohesion game. Because every player will have different luck at getting the toothpick into the bottle, it can be used to talk about individual differences and the need for patience and support when a partner is struggling. You can ask individuals who were having a difficult time with the task what it was like for them. You can also examine the differences in feelings when someone struggled because they dropped toothpicks (simple mistake that can be fixed by slowing down and using more care) versus when someone struggled because they couldn't get a toothpick into a soda bottle (harder to fix even when you are trying your hardest).

**Group Size:** 11 to 25

**Time Needed:** 11 to 20 minutes

**Goal:** To encourage group cohesion

**Audience:** Couples, Teens, Parents, Children, Singles

**Special Considerations:** None

### Resources Needed:

- ✓ One empty, clean two liter soda bottle and one box of toothpicks per team; masking tape (optional)