



TEAM CRAFT

**Fun, Insightful, and Professional
Team Building since 1989**

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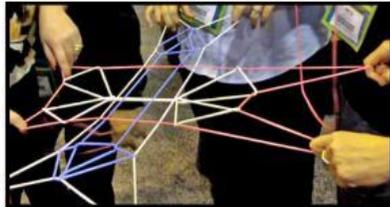
Strings & Strands

“STRING” Figures with “STRANDS” of Thought

What's this all about?

“STRINGS” relate to intricate geometric figures formed by intertwining ones fingers along a circular string.

Cats cradle is an example. String figures, in fact, originated among tribal cultures across the world.



North American tribes originated dozens of figures for many purposes. Children use them for games, members of secret societies use them as visual “pass-signs”, local Shaman use them for magic, and Elders use them in storytelling to pass along “STRANDS” of MEANING: the LESSONS of their culture.

Team Craft's **STRINGS & STRANDS** activity builds on this Elder's teaching tradition with a program that is captivating and memorable.

What Happens?

Colorful circular strings are given to all participants to use in forming the string figures. As the string figure is formed, the facilitator accompanies the directions with a metaphoric story. Each story links forming the string and the resulting figure to a message about a positive way to



approach a life challenge or a way to add to a healthy relationship.

String figures focus on themes of problem solving, trust, overcoming frustration, stress man-

agement, and “failing forward” – learning from experience. Participants also develop their own stories and messages to ac-

company forming the string figures, and then share them among the groups.

What are the benefits?

Participants find this unusual experience highly interactive and enjoyable. The experience is novel, and the messages cleverly relate to relevant applications to work and other areas of life.

Some string activity has small groups interweave their strings into intricate designs with messages about teamwork. We continue to build on that figure, and

interconnect more groups with accompanying coaching points about collaboration.

People are encouraged to teach each

other to make sure no one is left behind in the process. The big win is to have everyone success-

ful in forming the figure of the moment.

A high level of excitement and fun shared among the participants reinforces the power of the mes-

sages shared in the program. The process fascinates participants of all ages, genders, and backgrounds. The string is a keepsake to recall the activity and share the STRING Fig-



ures and their related STRANDS of Meaning with other co-workers, family, and friends.

Program Characteristics

- **Groups** of from 20 to 200 people – or more.
- **Format:** Can be combined with a series of other short large group activities that build on themes of teamwork, embracing change, and creating a positive workplace.
- **Location:** Indoor or outdoor space with flat open area for activities.
- **Length:** Program can range from 1 to 4 hours.

Experiences to develop great relationships:

Team Craft has many experiential programs and workshops that develop teamwork, communication skills, and healthy relationships. Visit our website at teamcraft.com