

Pattern Changer

This activity can be done with virtual, in-person, or hybrid teams. You can use it to help your team focus and flex their observation muscles. The goal of Pattern Changer is to cultivate a team that leads and follows when needed.

Instructions for the facilitator:

1. If virtual, private message one employee to be the pattern leader through the chat feature. If in-person, send the detective out of the room and pick someone.
2. Choose one employee to be the detective and have them turn around facing away from the screen (or leave the room)
3. The pattern leader starts making a pattern - like sticking out their tongue- over and over
4. Everyone follows the pattern leader, whose goal is then to slowly change the pattern without the detective noticing
5. The detective rejoins around to observe the patterns and the group
6. The detective has 3 guesses to guess who the pattern leader is and the game starts over with new pattern leader and new detective

Pattern Ideas (but be creative!)

- Pat your head
- Rhythmically stick out your tongue
- Stand up and sitting down in your chair
- Put up a 1-2-1-2 with your fingers
- Turn your head to the left and then to the right and then up and then down repeatedly
- Clapping a rhythm (hard to do virtually, but great in-person)