

# HOSA

## Icebreaker

### **Purpose:**

The purpose of this icebreaker is to allow members to work together to meet each other while trying to achieve one goal. The goal of this icebreaker is to end up with one large circle at the end of the game instead of still being in one large “knot.”

### **Materials Needed:**

There are no materials needed for this icebreaker other than at least six members to participate, but no more than ten. Please ensure that appropriate clothing is worn during this activity.

### **Procedure:**

Have the members stand in a circle close to one another. Tell the members to put their hands and arms out in front of them and grab the person's hands directly across from them. Now, instruct them without anyone letting go of their hands to find a way to become a whole circle. This exercise may take time, but there is a way to accomplish the task no matter how hard it may seem to unknot and become one giant circle.

### **Objective:**

The ultimate purpose of this exercise is to allow members to work together and achieve a common goal. The purpose is to realize that, like HOSA, no matter how hard the tasks may seem there is a way to accomplish the goal and to succeed when everyone works together. Patience, patience, patience is a necessary virtue for this task. Good Luck!

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