



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

Feeling Hands

Objective: To break the ice in a group of strangers, break down barriers in groups, or help group members get to know each other.

Directions: Six to twelve people in a small circle with hands behind them.

One person steps into the circle center and designates a person they want to seek.

The person in the center is then blindfolded (or closes eyes if trustworthy) and proceeds to feel all the hands of the people in the circle until they find the designated person.

Reference: Martin, R.R.; Weber, P.L.; Henderson, W. E.; Lafontaine, K. R.; Sachs, R. E.; Roth, J.; Cox, K. J.; Schaffner, D. (1987). Feeling Hands(Section 2 p.11). LASER D.I.S.C. Columbus, OH: Ohio State University Extension.