



**Tom Heck**  
**Teamwork Coach**

Hello! I'm Tom Heck and I'm passionate about creating sustainable win-win team consciousness worldwide. I believe the fastest, easiest way to creating this level of consciousness is through experiential learning exercises like this one you've downloaded.

If you find this resource helpful, you can buy one of my multimedia training CDs.

Each CD is filled with over 30 teambuilding games designed to teach the skills of leadership, cooperation, trust, creativity, communication, and confidence.



**CLICK HERE**  
to learn more  
about my CDs

The CDs contains video clips, color photos, detailed printable directions, easy and quick navigation, and special bonus material. They are used by people around the world.

Is **TRUST** an issue on your team? I've found the most potent teachings about trust to be experienced through an activity called "Mousetrap Trust." It's a powerful game that helps create an opening for you to discuss how to build trust between people. Find it on CD # 1

Does your team struggle with **COLLABORATION**? I love teaching the principles of collaboration through the game I call "Four Corner Traverse". There is only one way for a team to achieve success in this game and that's by collaborating. Find it on CD # 2

Are you in need of new and engaging ways to **DEBRIEF** an activity? I recommend the "Metaphor Cards" activity to help people open up to new ways of thinking about and learning from the teambuilding games you lead. Find it on CD # 3



If you find this resource you've downloaded valuable, look for the TeachMeTeamwork **TIP JAR** at the end of this document. There you'll find instructions on how to easily contribute \$2, \$5, \$10 or whatever amount you feel moved to give. Your contribution will go directly towards the maintenance and continued expansion of teambuilding resources such as this one.

## Tom Heck

## Ceiling Clock

### *Teambuilding Game*

**Group Size:** Individuals

**Age Range:** elementary – adult

**Intensity:** Mental=1, Physical=1

**Time:** 60 seconds

**Space:** Minimal – Medium -- Lots

**Set Up Time:** none

**Props:** none



### Objective

Experience how one's perspective is vitally important to understanding a situation.



### Set Up / Preparation

1. This is an activity for 1 or 1,000. The participant can be sitting down or standing up.
2. Have participants first imagine an analog clock (the kind of clock with hands on it) glued to the ceiling above them. Now imagine the second hand moving around the clock (in a clockwise direction).
3. Each participant now extends their arm and finger and points at the clock AND THEN makes their finger follow the movements of the second hand. You (the leader) should demonstrate this for the group.
4. Finally, have all the participants lower their hand to chest level while they keep their finger pointing up at the clock AND continue moving their finger in the same motion (never stop the motion). The participants should be looking down at their

fingertip now (which has never stopped moving). Now ask everyone which direction their finger is moving - - clockwise or counterclockwise? The answer: counterclockwise!

### **Rules**

See Setup / Preparation (above)

### **Comments**

When most people do this activity they are surprised to find their finger starts off moving in a clockwise direction and then magically switches to moving in a counterclockwise direction. The key understanding is that the person's finger has NOT altered it's direction during the course of the activity. What has changed is the individual's perspective on the situation. At first the person was below looking up at their finger and then, they change their perspective to looking down on their finger. When our perspective changes, everything changes.

### **Debriefing Suggestions**

1. I have a white female friend who grew up in South Africa during apartheid. She now speaks at schools about her experience growing up and the day she realized what was going on around her and how she wanted justice and equality for all. Apartheid hadn't changed yet - - it was her that changed - - it was her perspective that changed. She began to see things from a new standpoint and that made all the difference in the world. When speaking to the school groups, she wants her audience to understand the power of perspective and she leads the students in this exercise.
2. What is the value of perspective? What can we do to change our perspective and what do we expect to happen when we do?

## **Something To Think About**

“You must look within for value, but must look beyond for perspective.”

-- Denis Waitley

## **History**

I learned this activity while attending a conference on creating personal mission statements.



**Click Here to Contribute to the TeachMeTeamwork TIP JAR**

**<http://tinyurl.com/ottn2>**

*Your contribution will go directly towards the maintenance and continued expansion of teambuilding resources such as this one.*

**Making a contribution for the use of these materials helps “prime the pump” to keep things working...**

*A man was crossing a desert in the days of the pioneers. He ran into trouble and was dying of thirst when he spotted a pump near an abandoned shack.*

*He had no water to prime the pump, but he noticed a jug of water near the pump with a note attached. It read:*

*"There is just enough water in this jug to prime the pump, but not if you drink some first. Pour the water in the top of the pump and pump the handle quickly. After you have had a drink, refill this jug for the next person who comes along."*



**Will there be times when people choose not to contribute?** Certainly. However, 82% on average do give back, leaving water in the bucket so the system continues to work.



You decide what feels right for you. If you download activities for free and choose not to contribute to my TIP JAR, then perhaps you'll buy one of my CDs. I trust you'll make the perfect choice.

The most important thing is for you to teach team skills and promote win-win consciousness. Let me know how I can assist you in doing your good work.

**Tom Heck**