



# SPIDER WEB

Metodo Integrato Marchio-Patti®  
BY ASS. LA CITTÀ DEL SOLE



indoors | outdoors



N° of pax 5-20



group dynamics



1 hour

## PURPOSE

### GROUP DEVELOPMENT

- improve verbal and non-verbal communication
- create the basis for collective reflection on group relationships
- acknowledge personal space and relationship space

## \* INTRO

- \* This activity is very useful to allow a group that has been working together for a long time, to see relationships in a concrete way. Sometimes, in fact, relational dynamics are not correctly perceived by those who live them. Therefore, proposing this activity can help to make the group reflect on the communication styles within the group. Being aware of possible dysfunctional communication is a great way to stimulate positive change in a working group.

## MATERIALS

- A coloured yarn of wool - long enough to involve all participants
- background music

## PREPARATION

- It is important that instructions are clear and understood by everyone. Make sure that the place you choose for this experience is large enough to give enough space for each participant to relate and move.

## STEPS

1. Make a circle and ask the participants to observe the group and everyone's position. The facilitator holds a yarn of wool. With one finger he/she holds one end of the line and with the other throws the ball to a member of the group, who in turn catches the ball then throws it to someone else.
2. Everyone always has to hold on to their piece of the yarn. This process is repeated until all members of the group have been involved and the last person throws the ball back to the facilitator. The final result shall be a collective spider's web, held floating above the ground by each member of the group.
3. Ask the people to look at the web, without letting go of the thread, and observe it from different perspectives, including moving around within the web (climbing over the intersections or crawling under the web, always making sure they do not let go of the line). Ask the group if they notice any changes in the web.
4. At the end of the experience, ask the group to lay the web very gently and carefully on the floor, without changing its shape. Then sit around it and continue to observe and spend a few minutes of individual reflection time.
5. The facilitator starts a collective discussion about what they observed, stimulating the participants in a discussion about the metaphorical (but concrete) image that the spider web shows. At the end of these reflections, the facilitator helps to draw collective conclusions and, if necessary, find solutions to improve communication and relationships in the group.



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## COMMENTS

- In group discussion: Ask about the changes the web underwent as a result of individual movements, as they represent the changes that happen in a group as a result of the actions of its members.
  - How do you think the group worked?
  - What were the intersections you noticed?
  - Was there anyone who was less involved?
  - Or anyone who was too involved?
  - This activity is recommended to loosen crystallised relationships and come out of communication standstill.



## REFLECTION

- How did you feel during the experience?
- How can the group benefit from the activity and the reflection after the experience?
- How do you think this activity can lead to resilience building?