** ACTIVITY: LEAN SIX SIGMA GAMES**

**Change Game 1: Cross Your Arms**

**Duration:** 5 minutes

**Number of participants:** unlimited

**Materials required:** none

**Description/Process:** For practitioners facing a large class and not a lot of time, this exercise really gets the point of change across. After the introduction of the “change” subject, ask the audience to “cross their arms.” My operational definition of “crossed” is folding their arms together, as if they were bored or waiting for something. Once they have completed this task, ask them to “fold their arms the other way,” reversed of what they just performed. I guarantee that 90 percent of the class will struggle with it.

**Discussion Questions**

* How did it feel when you were asked to cross your arms the other way?
* Did it come naturally, or did you have to stop and think about it?
* Were you comfortable with doing this differently from your normal process?
* What are some things that make people resistant to change?

**Change Game 2: Change Your Seat**

**Duration:** 5 to 15 minutes (depending on debrief)

**Number of participants:** unlimited

**Materials required:** none

**Description/Process:** This is another quick and easy game. Participants are asked to change where they are sitting so they can experience the emotions and feelings often associated with change. After the class gets situated and comfortable, the facilitator should ask participants to change seats.

**Discussion Questions**

* How did it feel to be asked to change seats?
* Did you view changing seats as an opportunity to sit with someone new or as an uncomfortable or undesirable change?
* What are some things that make people resistant to change?

Have participants move back to their old seating arrangements after the exercise is over and ask the following question:

* Why is it difficult to maintain changes once they are made?

**Teamwork Game: Tennis Ball Game**

**Duration: 20 minutes**

**Number of Participants: Unlimited**

**Materials Required: Tennis Balls**

You know when you’re having trouble keeping all your balls in the air? There’s a game for that! The scrum ball point game is a very popular lean game in scrum/agile programming circles, and it has nothing to do with pens.

The rules are simple. Like most lean games, it depends on breaking people’s preconceptions.

The goal of the scrum ball point game is to pass as many balls as possible through your entire team in two minutes to facilitate teamwork, adaptation and continuous improvement.

Scrum is a development method commonly used in software creation. It depends on a check and adjust cycle, an iterative process of the PDCA method Teams inspect their work and adjust accordingly. The concept of self-adjusting teams is what’s introduced in the scrum ball point game.

The rules:

* You are one big team
* Balls must have airtime – do not stop until timer goes off
* No ball to your direct neighbor the 2nd and 4th time.
* Start point = end point
* Play 5 iterations of 1 minute each – on the 2nd and 4th iteration there is no talking at all.

**Discussion Questions**

How important was communication during initial run?

How did the team deal with not being to communicate verbally during the 2nd itineration?

Did practice make the process smoother and more efficient?