



PLAY 4 PERFORMANCE FLOOR CURLING

WHAT TO DO?

FLOOR CURLING is a safe and non-stressful team-building activity for all ages. Similar to Curling from the Winter Olympics, players slide stones on a smooth surface into a house. This program modified the game so you and your team are able to have a fun time even without an icy surface!

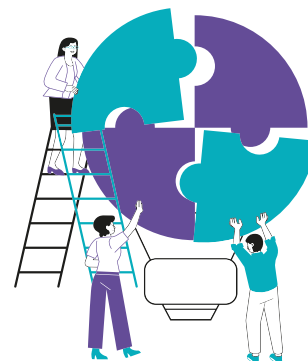
RUNDOWN (3 HOURS)

15 mins	Introduction
15 mins	<u>Warm-up & Ice Breaking</u>
30 mins	<u>Floor Curling Skills Building</u> <ul style="list-style-type: none"> Learn to slide stones on the line
60 mins	<u>Tournament</u>
30 mins	<u>Final Match</u>
30 mins	<u>Group Discussion and Debrief</u> <ul style="list-style-type: none"> Share insights and give constructive feedback

OBJECTIVES

- Build a supportive, constructive working relationship among colleagues
- Foster trust between teammates
- Communicate, collaborate, give and receive feedback in a positive manner

INQUIRY



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