

THE TEAM BUILDING *Activity Book*

2



30 *more* EASY-TO-TEACH
TEAM BUILDING ACTIVITIES



Venture Team Building

The Team Building Activity Book: 2

**30 *MORE* EASY-TO-TEACH
TEAM BUILDING ACTIVITIES**



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Introduction

Note: For chapters concerning Team Building Resources and Equipment, How to Deliver a Team Building Activity, Learning Outcomes, and The Problem Solving Method, please see the 1st Team Building Activity Book.

Thank you for purchasing *The Team Building Activity Book 2*! We've designed it to be a reference guide to equip those working with groups with *30 more* tried and tested activities that encourage teamwork and personal development.

Although there are many books available that go into great detail on the theory of team building, team development and experiential learning, there are only a few books that actually provide you with the tools you need to deliver your own team building experience. This book is meant to be an easy-to-use practical guide.

The challenger briefs in the book will provide you with a quick and easy way of running team building activities without the need of a specialist facilitator. Simply gather the required equipment, select a location, print off the challenger brief and hand it to your group to begin the activity.

We have strived to make this guide as simple as possible and provide flexibility and options throughout, as well as explain how to use each activity. We are confident you will be able to take the materials and modify them to meet your own specific needs.

Nothing about any activity or challenge in this book is set in stone. If necessary, do adapt the content and the way the activity is delivered to suit the team you are working with and their event objectives.

Most activities in this book come with an estimated time. Feel free to adapt that timeframe as you see fit. We have also tried to supply you with an optimal group size. Often, we suggest fifteen as an upper limit because we think that one facilitator for fifteen participants is the best size for interaction and participation. That said, if you have a larger group, perhaps you can get a colleague to support you. You will know what is best for your group and your own comfort level.

Though you'll be able to pluck many activities right off the page and insert them into your own learning programme, we challenge you to make these activities uniquely your own whenever you can. The result will be an activity that has even more relevance to you, your company, and your classroom. But most important, the result will be an activity that is more *fun!*

Read the book, build on our ideas, and make each team building and training workshop truly your own!

We hope you find *The Team Building Activity Book 2* just as informative and practical as the first one, and we wish you every success in teaching your next workshop! If you are unsure about anything in this book or you require further clarification, feel free to email us at web@ventureteambuilding.co.uk.

Challenge Learning Outcome Matrix

Challenge Name	Goal setting	Communication	Cooperation	Creative Thinking	Decision Making	Leadership	Problem Solving	Resilience/ Failure	Time management	Trust
Bridge Build		✓	✓	✓			✓			
Human Chain		✓	✓				✓	✓		
Jigsaw Puzzle Pieces		✓		✓		✓	✓			
Sneak A Peek		✓					✓			
All Tied Up	✓	✓	✓				✓			
Hole In Space		✓		✓		✓				✓
Radioactive Isotopes		✓				✓	✓			
Rope Knots Game		✓		✓			✓			
Toxic Waste		✓	✓		✓	✓	✓			
Water Carry	✓	✓				✓	✓			
Blindfold Tent Build		✓	✓			✓	✓		✓	
Robots		✓	✓				✓			✓
Obstacle Course		✓	✓							✓
Back-to-Back Drawing		✓	✓							✓
Birthday Line-Up		✓	✓			✓	✓			
Bus Stop		✓			✓					
Human Shapes			✓	✓	✓					✓
Move Tennis Balls		✓	✓			✓	✓			
Trust Exercises		✓								✓
Willow in the Wind		✓	✓							✓
Airship		✓	✓	✓		✓	✓			
Build a Big Structure			✓	✓			✓		✓	
Create Your Own		✓		✓		✓	✓		✓	
Dragon's Den		✓	✓	✓		✓			✓	
Egg Escape Rocket			✓	✓					✓	
Lights, Camera, Action		✓	✓	✓		✓			✓	
No-Man's Land			✓	✓		✓	✓		✓	
Tallest Tower			✓	✓					✓	
Team Shield		✓		✓	✓					
Video Scavenger Hunt			✓			✓	✓			

PART ONE

Team Building Activities

"Teamwork is the ability to work together
toward a common vision."

Andrew Carnegie

BRIDGE BUILD

ACTIVITY NOTES

Overview

Using the materials provided, two teams must work together to build a bridge, with each sub-team constructing half the bridge. During the challenge, teams cannot see each other and must rely on their communication skills to build an identical design. This is an excellent activity for developing communication skills, problem solving and creative thinking.

Equipment Required:

You can use anything for building the bridges. Here are a few suggestions: newspapers, lego, toy bricks, straws, paper, cardboard etc.

Other essential resources: Tape, paper, pens, tape measure and tarpaulin or sheet.

Space Required: Small. Indoors or outdoors.

Group Size: 8 to 16 ideally. Enough people for at least two sub-teams of four or more. If you have a large group, then you can get more than one team working on a build – just ensure you have enough equipment including tarpaulins!

Total Time: 50 minutes

- 5 minutes to brief and set up
- 10 minutes group discussion and designs
- 30 minutes to complete the build
- 5 minutes to review

Instructions

1. Before the start of the activity, set up the room or area with a divide so teams cannot see what the other team is doing. Use either a tarpaulin or sheets.
2. Explain to the group: You will be split into two sub-teams and must work together to create a complete bridge with each team building half a bridge. At the end of the time, you need to put your bridges together to create your build. However, you will be separated during the challenge and can only communicate verbally to ensure that each build meets the design specifications. You have just 30 minutes to complete the challenge.
3. Split the group into smaller sub-teams (aim for 4-8) and separate them on either side of the tarpaulin.
4. Provide each team with a bag of materials. Ensure that each bag contains exactly the same items. Also provide each team with paper, pens and a tape measure.

5. Give the team 10 minutes to generate ideas and come up with a plan for the design. Remind teams to discuss ideas and communicate with their partner team on the other side of the tarpaulin to ensure a similar design.
6. Each team then gets 30 minutes to construct their half of the design. It is essential that each sub-team communicates effectively during the construction phase. Failure to do so will result in failure of the challenge.
7. Once the time is up, remove your divide separating the two teams and see how close each build was to each other.

Learning Outcomes

- Problem Solving
- Active listening
- Team communication
- Creative thinking
- Cooperation and teamwork

Useful Tips

This is an excellent exercise to use as a lead-in to a project workshop or team meeting. It gets teams communicating effectively and listening to each other. In addition, this team challenge also develops problem solving skills and creative thinking.

Another skill that can be developed during the task is leadership. You can let this happen naturally within a team or you pick a team leader before the start of the challenge. This gives lower level employees an opportunity to get out of their comfort zones, build rapport with others and develop new skills.

Suggested Review Questions

- What did you find most difficult about this challenge? How did you overcome that?
- What did you do well? How did you decide on that method?
- Who was responsible for communicating the design between the teams? If you had more than one person, did you find this difficult?
- Did you select a leader? Why was leadership important during the task?
- How did you work out the key responsibilities for the challenge? Did you delegate based on strengths and weaknesses?
- Did you miscommunicate at any point during the challenge? How did you get back on track?
- What surprised you most about the activity? What can you take away?

HUMAN CHAIN

ACTIVITY NOTES

Overview

Team members are spread out in a line, consisting of several sections. The first person is shown a picture by the facilitator and must then tell the next person what it is. This continues until the last person receives the description. They must then attempt to recreate the picture. The aim is to try and match the original picture shown by the facilitator. This is a much bigger version of Chinese whispers, similar to Memory Lane.

Equipment Required: Paper, pens, cones and clipboards

Space Required: Large. Delivered indoors or outdoors.

Group Size: 8 to 16 ideally (if you have larger groups split them into smaller sub-groups)

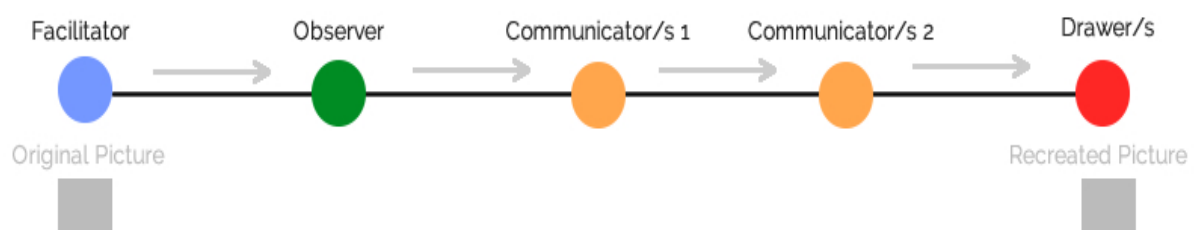
Total Time: 25 - 40 minutes

- 5 minutes to brief and set up
- 15 - 30 minutes for challenge
- 5 minutes to review and debrief

Instructions

Split participants into teams of up to eight. Each teams of participants is divided into pairs. Each pair is then given a role within the team:

1. Observers
2. Communicator/s (for larger groups increase the number of pairs)
3. Drawers



Spread the teams apart in multiple linear sections laid out with cones. Ensure these sections are a fair distance from each other (aim for 20 meters if possible).

To begin the challenge, you must draw a simple picture. The team observers are then given a period of time to observe before running to the first section and communicator/s to describe the picture. The first set of communicators then run to the second section and pass on the information to the second set of communicators. They in turn run to the drawers, who after listening carefully, then try to recreate and match the picture drawn by the facilitator.

Tips and guidance

Start by drawing a memorable picture e.g. a house with three windows and make the next round harder e.g. a series of geometric shapes. You can also search the internet for images and print these off for the group to recreate e.g. type 'simple house drawing' into your search engine and use image preview to identify a suitable image.

To increase the difficulty of the challenge, increase the number of sections (communicators) you have or give the team a set time limit to complete the challenge.

If you have more than eight participants, you have two options: you can increase the number of sections (communicators), or split the team into two or more groups. When working with two or more groups, start them off at the same time and show each team's observers the same image. The team that comes closest to matching the original image wins the challenge.

When reviewing, discuss with the group the different forms of communication used such as verbal and listening and their importance. Also talk about what the team found frustrating and how they dealt with this.

Learning Outcomes

- Problem solving
- Communication (verbal, non-verbal and listening skills)
- Cooperation
- Resilience

Suggested Review Questions

- Did you have a plan before starting the challenge? Why was this important?
- Did your plan work?
- Did you get frustrated at all during the challenge? How did you deal with this?
- Did you communicate effectively from the start? How did you manage this?
- How did you work as a team? What did you do well?
- What did you learn from this exercise?

JIGSAW PUZZLE PIECES

ACTIVITY NOTES

Overview

Teams must work together to complete a puzzle as quickly as possible. Initially the teams will be divided and given separate bags of puzzle pieces. They will think they are competing against each other. Soon they come to realise that they have no way of completing the puzzle unless they work with the other sub-teams as they hold the missing pieces of the puzzle.

Resources: 1 x large jigsaw puzzle and small bags to hold the pieces

Time: 30 - 45 minutes

Space Required: Small. Indoors or Outdoors

Group Size: 8 to 16 people

Setup

- Divide up the puzzle and place an equal amount of pieces into each team bag.
- Split the team into 2 smaller sub-teams (or more depending on the size of your group) and hand each team a bag.

Instructions

- Provide each sub-team with a bag of jigsaw puzzle pieces. Instruct them to assemble the puzzle as quickly as possible. Try to ensure that each team's puzzle pieces appear to be an entire puzzle.

Introducing the exercise:

"The aim of the exercise is for each team to assemble the jigsaw puzzle as quickly as possible using the pieces provided. All teams have the same puzzle. You will receive no additional instructions."

- Teams will assume they are competing against one another; however there is only one puzzle and the pieces have been shared out between the two teams. The key point of the exercise is for the team to identify the problem and resolve it by discussing it between them and working together.
- Provide enough time for the teams to work on the puzzles. Generally, they shouldn't need any more than 30 minutes to complete, although this will change depending on the complexity of the puzzle and group size.

Tips and Guidance

Try and stay clear from giving them the solution to the problem. If they ask you, reiterate the introduction to the task and let them work it out for themselves.

You can start the exercise with either the teams working in the same room or different rooms. If the sub-teams are working in the same room, they will discover the problem and solution quite quickly and work together to assemble the puzzle. If you decide to start them in different rooms, it will take them a little longer to realise and work out how to resolve the problem.

Try to use a jigsaw puzzle with enough pieces to keep all team members actively engaged during the exercise. You should run the activity in a suitably sized space, big enough so that all team members can view the puzzle and work together.

Larger teams that have more than five people will be challenged in how they organise the task, leadership and teamwork (ensuring everyone has a role within the team).

This type of exercise demonstrates that all team members (or teams) make up the whole, and often no individual or team can do it alone. Sometimes the missing piece of the puzzle is often held by others.

Learning Outcomes

- Strategy
- Leadership
- Problem solving
- Communication skills
- Leadership

Suggested Review Questions

- What was your first plan of attack when presented with the challenge?
- What problems did you encounter during the exercise and how did you overcome these?
- Once you identified the problem, how did you respond?
- Why was cooperation essential for this team activity?
- Did you nominate a leader to begin?
- Did you communicate well and was everyone involved?
- What makes a good team?
- Looking back on the exercise, what things would you say you did well as a team?
- What is one thing you can take away from the activity? How can you apply what you learned?

SNEAK A PEAK

ACTIVITY NOTES

Overview

This problem solving activity requires little more than a few sets of children's building blocks or duplicate Lego. The aim of the challenge is for each group to try and build an exact copy of a pre-built sculpture. The catch is only one person in each group can look at the model at a time and only for ten seconds. They then return back to their team and describe what they saw.

Equipment Required: Enough Children's building blocks or duplicate Lego for each group

Space Required: Small. Indoors or outdoors.

Group Size: Minimum of 4

Total Time: 25 minutes

- 5 minutes to brief and set up
- 15 minutes to achieve outcome
- 5 minutes to review

Instructions

- Before the challenge begins, you will need to build a small sculpture with some of the building blocks and hide it from the group.
- Next, divide the participants into small teams of four (or similar). Each team should be given enough building material so that they can duplicate the structure you've already created.
- Place the sculpture in an area that is an equal distance from all the groups. One member from each team can come up at the same time to look at the sculpture for ten seconds and try to memorize it before returning to their team.
- After they return to their teams, they have 25 seconds to instruct their teams on how to build an exact replica of your sculpture. After 1 minute of trying to recreate the sculpture, another member from each team can come up for a "sneak peek" before returning to their team and trying to recreate the sculpture.
- The challenge should be continued in this pattern until one of the teams successfully duplicates the original sculpture.

Learning Outcomes

- Problem Solving
- Communication
- Memory
- Strategy

Suggested Review Questions

- Did you have a strategy before attempting the challenge?
- How did you decide who would go first?
- Did anyone in your group struggle to memorise the sculpture and how did you help them?
- How well did you communicate as a team? How could you improve?
- Was everyone involved in the build?
- What skills can you take away from the challenge and how can you apply these to (insert subject) in the future?

ALL TIED UP

ACTIVITY NOTES

Overview

In this fun team challenge, groups are required to work together to complete a simple task. The problem is they are tied together by their wrists. Problem solving, teamwork and communication are essential for this challenge.

Equipment Required: Shoes laces, rope or cloth strips (or anything to tie participants together.)

Space Required: Small. Can be delivered either indoors or outdoors.

Group Size: 4 to 12 ideally.

Total Time: 25 minutes

- 5 minutes to brief and set up
- 15 minutes to achieve outcome
- 5 minutes to review

Challenge Brief

1. Organise your group into an inward facing circle. Ask them to hold out their arms to the side and then tie them to both of their neighbour's wrists.
2. The whole group should now be connected and "all tied up".
3. Next, present a simple task for them to complete. Here are some ideas:
 - Wrap a present
 - Build a bridge
 - Make a square with rope
 - Tidy up the room
 - Create an art project linked to their workshop experience
 - Pour a cup of water for everyone in the group
 - Or add any other fun and creative team tasks you can think of

Variation – Group Walk

Instead of tying the participants together by their wrists, tie them together by their ankles. Once they are connected, give them some simple commands to perform without falling over such as: walk forwards, backwards, left and right.

If they find this difficult, split them into smaller teams or pairs and ask them to try again. Once they are successful, you can increase the size of the group and try again. Keep adding more team members until they can walk together without falling over.

If you're working with a very large group, it is a good idea to split them into smaller teams of no more than twelve to start with before building up to a much larger group.

Learning Outcomes

- Goal Setting
- Teamwork
- Problem Solving
- Communication skills

Useful Tips

To increase the difficulty of the challenge, give your group a time limit or blindfold/mute a few participants.

Before starting the challenge, brief participants not to pull or drag each other as this can result in injuries. Take care, especially when working with kids.

Suggested Review Questions

- Why were you successful (or unsuccessful) at completing the challenge?
- How did having a time restriction help or hinder you from completing the challenge?
- Was everyone involved and helpful to each other?
- What happened when someone disagreed with the plan? Did you discuss it?
- What was the purpose of the challenge? What do you feel you took away from the task?
- Have you ever been in a situation when you've felt 'tied up' when working with others? If yes, how did you overcome this?

HOLE IN SPACE

ACTIVITY NOTES

Overview

Hole in Space is a variation of the popular Spider's Web activity. Working together, each team member must travel through a hole in space without touching it. If anyone touches the outside of the square, the activity is restarted. This activity is ideal for those looking for a quick team builder and for those with limited space and resources available.

Resources: 2 x shoe laces or bungee cord

Time: 20 – 30 minutes

Space Required: Small. Either indoors or outdoors

Group Size: 10 to 16 people

Activity Setup

- You can use a bungee cord or you can tie 2 shoe laces together to form a circle (hole in space).
- Two team members are selected to hold the circle and create a square that is vertical to the ground. The hole in space bottom edge should be around 3 to 4ft off the ground. To change the activity difficulty, raise or lower the height of the square.

Instructions

Split the team in half, and send a sub-team to each side of the hole in space. You should have two sub-teams on opposite sides of each other.

The aim of the exercise is for team members to pass through the hole in space without touching it and end up on the opposite side. Once the activity has been completed, each sub-team will end up on the opposite side to where they began the challenge.

It is essential that you start this exercise with two separate sides, so team members can spot participants and assist when necessary to maintain their safety when travelling through the hole.

Rules

1. The only people allowed to touch the hole in space are the two people selected as holders. If anyone else touches the square, apply an appropriate team penalty (such as everyone goes back, three go back, etc.).
2. Only the equipment provided is allowed to be used to help with the process (no chairs, tables etc.).
3. Launching a team member or jumping through the hole in space is strictly prohibited.

Safety

Before you begin the hole in space activity, it is important that you teach the team the correct spotting technique.

Participants should take care when lifting. They should be passed through the hole in space feet first, facing upwards. If the team is lifting, be there to monitor the correct lifting technique and support when necessary to prevent injuries.

Try to find a soft area such as grass or play mats. If you are running it indoors, then a carpet with padding underneath would suffice. Do not do this activity on hard surfaces such as concrete.

Tips and Guidance

If the team is not physically strong, calm or mature enough, then do not attempt the activity. Safety is crucial for this challenge. If necessary, do not be afraid to stop a group rather than risking their safety.

To make the hole in space activity more difficult, you can raise the height of the square (although not too much). Make the hole smaller, or only allow verbal communication during the planning phase of the exercise.

Learning Outcomes

- Leadership
- Trust and support
- Communication
- Strategy
- Risk awareness

Suggested Review Questions

- How well do you feel you worked as a team?
- What did you do well and where could you improve?
- Why was it important to plan prior to attempting the exercise? Did your plan change?
- Did you nominate a leader for the challenge?
- Why was trust important for this activity? Could you have done the activity on your own?
- Can you give a few examples of times when you have had to trust others?
- Looking back on the hole in space activity, what is the one thing you will take away from the experience?

RADIOACTIVE ISOTOPES

ACTIVITY NOTES

Overview

The objective of the challenge is for the group to retrieve a bucket containing deadly radioactive isotopes and tip the contents into a second bucket in a defined safety zone. The team only has a rope to complete the challenge and they cannot enter the marked off area.

Equipment Required: 2 buckets, rope, plastic balls, cones to mark areas

Space Required: Small. Indoors or outdoors.

Group Size: 8 to 12 ideally, but can be done with 6 to 14 participants.

Total Time: 25 minutes

- 5 minutes to brief and set up
- 15 minutes to achieve outcome
- 5 minutes to review and debrief

Instructions

- Organise the group around the marked off area.
- In the centre of the area is a bucket containing deadly radioactive isotopes.
- The team must work together to lift the bucket and tip the isotopes (plastic balls) into the safety bucket.
- They are not allowed to enter the radioactive zone (marked out) so the only way they can lift and tip the bucket is to use the ropes provided.

Learning Outcomes

- Problem Solving
- Leadership
- Team Communication
- Strategy

Useful Tips

When working with young people, think about switching leaders to engage all learners and get quieter group members involved in the challenge. If you have someone who doesn't listen to others and takes over, think about muting them to force them to listen.

If they find the activity easy:

- Take away every ball that doesn't get into the bucket
- Give them a time limit
- Take away a couple of ropes

If they find the activity too difficult:

- Let them get closer
- Tell them they can swap places and move around with the ropes

Suggested Review Questions

- Did you plan before attempting the challenge?
- Was there a leader?
- Were you creative in using your resources?
- Did everyone feel they were involved?
- What would you do differently, if you attempt the challenge again?

ROPE KNOTS GAME

ACTIVITY NOTES

Overview

This is a fun variation of the popular game Human Knot, where people grab each other's hands and try to get untangled. In this game, there is less human contact so it is less threatening but still a real challenge for all involved.

Equipment Required: Long rope

Space Required: Medium. Indoors or outdoors.

Group Size: 8 to 20 ideally.

Total Time: 20 minutes

- 5 minutes to brief and set up
- 10 minutes to achieve outcome
- 5 minutes to review

Instructions

- Tie an overhand knot in the rope for each person that is in the group (12 participants = 12 knots). Space the knots about two feet apart.
- Tell each person to select a knot on the rope and stand by it on either side of the rope.
- Next, tell them to grab the rope on either side of the knot with one hand. Some people will grab further out from their knot than others, but that is okay.
- Now challenge the group to untie all of the knots without anyone letting go of the rope or without moving the hand that is placed on the rope (participants may use only their free hand to untie knots).
- You may set up this activity by having the group think of things that are “knots” for the group that need to be “untied”, or have the knots represent problems for the group that need to be straightened out.

Learning Outcomes

- Problem Solving
- Support
- Planning

Suggested Review Questions

- How many sub-groups were working on the challenge at once?
- Did anyone step up and lead the task?
- How did the group plan for the challenge?
- When your side of the rope was untied, did you help the others on your team in any way, or did you just wait for the others?
- Are there any “knots” on your team that need to be untangled?

TOXIC WASTE

ACTIVITY NOTES

Overview

Equipped with just 2 ropes, the group must work out how to transport a bucket of 'Toxic Waste' and return it back to the safe zone without tipping over the contents. This fun team building challenge can also be known as 'Bomb Removal'. This is an excellent team challenge for highlighting the importance of teamwork, problem solving and leadership.

NOTE: This activity is similar to Radioactive Isotopes.

Equipment Required:

- 1 x toxic waste bucket (1 large bucket)
- 1 x rope for the radiation zone
- 2 x ropes of the same length to use to transport the waste bucket
- 1 x raised platform (can use a stool to place the waste bucket)
- 6 x tennis balls or you can use water (to represent toxic waste)
- Blindfolds (optional)

Space Required: Medium. Indoors or outdoors. Outdoor allows for water to be used as 'toxic waste' rather than tennis balls.

Group Size: 8 to 12. Can be used with as little as 6 team members.

Total Time: 35 - 50 minutes

- 5 minutes to brief and setup
- 5 minutes for group discussion and planning
- 15 - 30 minutes for task completion
- 10 minutes for reviewing and challenge debrief

Setup

- Create the toxic waste radiation zone by using the rope to create a circle of around 2.5 – 3 meters in diameter on the ground. The bigger the radiation zone, the more challenging the activity becomes.
- Place your platform in the middle of the circle you have created.
- Fill the bucket with water or tennis balls. Place it on top of the platform in the centre of the radiation zone.
- Put the 2 ropes on the outside of the radiation zone, ready to use.

Instructions

- Explain the challenge is for the group to work out how to transport the toxic waste bucket in the radiation zone to the safe zone using only the equipment provided. The team has just 20 minutes to complete the challenge. If they are unsuccessful, the waste will blow up and destroy the world.
- Anyone who enters into the radiation zone will suffer a fatal injury and possibly death. Therefore, the group should aim to remove the toxic waste and do so without injury to any group members.
- The rope circle represents the radiation zone. Emphasise that everyone must maintain a safe distance from the toxic waste wherever it goes, and stay out of the radiation zone.
- Allow the team 5 minutes to discuss and plan for the challenge. During this period, no one is allowed to attempt to retrieve the toxic waste.

Useful Tips

There is more than one way to complete this challenge. The best solution involves getting the 2 ropes with 2 people standing across from each other (opposite sides of the circle). They keep overlapping the ropes to tighten the slack in the middle and eventually lift the toxic waste from the radiation zone.

If someone enters the radiation zone, initiate a penalty for the rest of the challenge such as loss of limbs (hand behind back) or sense (blindfold the participant or they cannot speak). If you want to be super strict, then you can say they have died and must sit out the challenge.

If the team fails and spills the content of the waste, tell them they have failed in their task and everyone is dead. Ask them to discuss the challenge: what worked, what didn't? Refill the bucket and begin the challenge again.

You can add a red herring object to the challenge. This will throw the group off as they think they have to use it to complete the challenge. This adds extra value to the team building challenge, and you can use this as a discussion point during the reviewing and debriefing stage.

To vary the difficulty of the Toxic Waste, you can:

- Adjust the time allowance
- Add an extra safety zone which they need to transport the bucket to using markers. You can even add obstacles between the radiation and safety zone.
- Include a red herring object (or even a few) in available equipment

Activity Variation

A quick variation of this challenge is Object Retrieval. The group is tasked with retrieving an object (piece of paper, water bottle etc) from the middle of the circle without any equipment. In order to achieve this, they will need to work together as a team.

Learning Outcomes

- Communication
- Decision Making
- Planning
- Problem Solving
- Leadership
- Teamwork

Suggested Review Questions

- How would you rate your team out of 10 for completion of the challenge?
- How did you respond to the challenge?
- How did you generate ideas for completing the task? Whose idea did you choose?
- Did you have a leader? How important was leadership?
- Was everyone involved?
- What did you learn about yourself as a team member?
- What lessons did you learn from the challenge? How is this relevant and when could it be used in future situations?

WATER CARRY

ACTIVITY NOTES

Overview

The aim of this challenge is for the team to try and retrieve 10 cups full of water from around the room and place them on a tray without spilling any of it. During the task, each person is only allowed to use one hand and one leg to complete the task.

Equipment Required: 10 paper cups (filled with water 3/4), tray

Space Required: Medium. Can be delivered either indoors or outdoors.

Group Size: 6 to 12 ideally. For larger groups, split into smaller sub-teams.

Total Time: 20 minutes

- 5 minutes to brief and set up
- 10 minutes to achieve outcome
- 5 minutes to review

Instructions

1. Before you start the activity, fill 10 paper cups with water (3/4). Place 5 cups on the ground at one end of the room and the other 5 on the opposite side of the room. Aim for having these at a minimum 5 or 6 meters apart if possible.
2. Provide a tray for the group and explain their challenge is to retrieve all 10 cups of water and place them on the tray without spilling any water.
3. The group is only allowed to retrieve just one cup at a time. They cannot return to the same side of the room, twice in a row and must alternate between sides.
4. Each person on the team can only use one hand and one foot for the duration of the challenge. Once the group has retrieved all 10 cups of water, they must then return to the middle of the room and place the tray on the floor.
5. If they spill any water, they must start over again.

Learning Outcomes

- Goal Setting
- Leadership
- Problem Solving
- Communication skills

Useful Tips

Most of the time, groups will try to hop with the tray and the contents which results in water spillage. The best way of completing this task is for the group to form a chain and pass the tray down the line and then reverse the chain to the opposite and repeat until they have retrieved all 10 cups.

Add a time limit to the challenge to make it harder for the group and put pressure on them to complete the task. Allow enough time before they start the challenge to plan.

Suggested Review Questions

- How did you feel when working as part of a team?
- Is there anything you would do differently next time?
- What did you find most difficult? Why did you find it difficult and how can you prevent it from happening again?
- Did anyone lead the task and why was important to nominate a leader?
- How did you plan for the task? Did everyone share their ideas?

BLINDFOLD TENT BUILD

ACTIVITY NOTES

Overview

Blindfolded and under pressure, group members have to work together in a race against the clock to put up a tent. Blindfold tent build is a great challenge for developing communication and leadership skills.

Equipment Required: Basic 2-man tent

Space Required: Medium. Indoors or outdoors.

Group Size: 4 to 6 ideally. For larger groups split them into teams and use more tents. If you don't have the tents available then do a time trial with teams competing against each other.

Total Time: 40 minutes

- 5 minutes to brief and set up
- 5-10 minutes to practice and discuss
- 15-20 minutes to complete the challenge
- 5 minutes to review

Instructions

1. Explain to the group that they will need to work together and build the tent as a team. However, they will be blindfolded.
2. Allow the team time to familiarise themselves with the tent and let them practice putting it up a couple of times.
3. Give blindfolds to everyone in the group.
4. Give them 5 - 10 minutes to practice and come up with a plan.
5. Begin the challenge. Allow 15 - 20 minutes to complete the challenge.

Learning Outcomes

- Problem Solving
- Cooperation
- Time management
- Leadership
- Communication

Useful Tips

If you need to make the challenge easier, blindfold only half of the group. The other half has to direct them during the challenge.

Alternatively, if you need to make it more challenging for the group, tell them they cannot use words to communicate – only sounds (ensure you tell them this during the initial discussion phase).

Suggested Review Questions

- How important was planning? How did you decide who would do what?
- Did anyone lead the challenge? What role did you all play within the team?
- How about managing time? Did you have a timekeeper or did you just go with the flow?
- Did you get frustrated at any point? If yes, why and how did you deal with that?
- What was this challenge about? Why did we do it?
- What did you learn from the task? How can you apply that in the future with work, school, life, sports, etc?
- Name one person that impressed you during the challenge. What did they do that made a difference?

ROBOTS

ACTIVITY NOTES

Overview

The objective of this blindfold activity is for smaller sub-teams to work together and communicate effectively to retrieve a bomb before the other teams. This fun challenge focuses on communication and cooperation.

Equipment Required: Rope to mark start line, blindfold for each team and a 'bomb' e.g. a mini football.

Space Required: Medium to Large. Indoors or outdoors.

Group Size: 6 to 12 but can be done with larger groups (rotating roles).

Total Time: 30 minutes

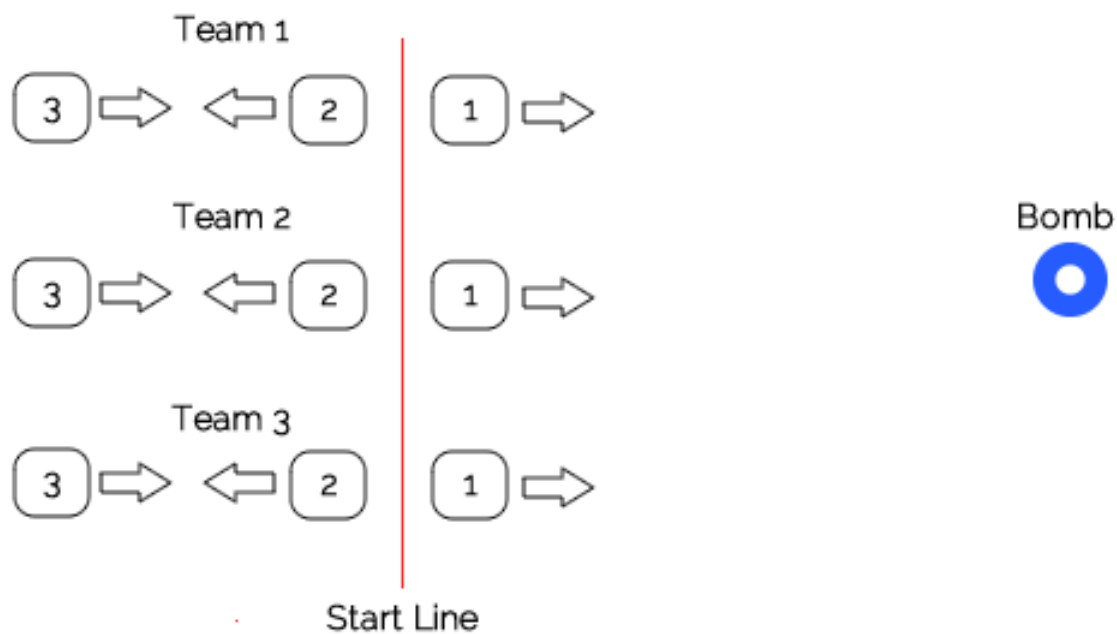
- 5 minutes to brief and set up
- 20 minutes for team activity (rotate team roles)
- 5 minutes to review and debrief

Instructions

Split the group into smaller sub-teams of 3 - 5 people. There are 3 key roles in each team. The first participant is the 'Robot'. They stand blindfolded in front of the start line, facing out into the game area. Position the second participant on the other side of the starting line facing away from the activity area. They are the 'Communicator'. The third participant stands facing the activity area and observes the Robot. This participant must not talk – they may use any other communication method to indicate direction to Participant #2. Participant #2 must then verbalise these signals and guide the Robot to retrieve the bomb.

If there are more than 3 in a team, either rotate them between roles or assign extra observers and communicators. The objective of the challenge is for Robots to retrieve the 'bomb' from the activity area before the other teams.

1. Robot – blindfolded, facing bomb, only participant permitted in the activity area.
2. Communicator – faces away from activity area, must NEVER observe the robot.
3. Observer – faces activity area, cannot talk at all



Learning Outcomes

- Problem Solving
- Communication (verbal, non-verbal and listening)
- Cooperation
- Trust

Useful Tips

If you're working with smaller teams, then just have one team instead of several competing against each other. Allocate 3 minutes to complete one round of the challenge, then rotate so everyone has the opportunity to be a Robot.

Think about your positioning when observing the activity – ensure you have full view of all Robots for safety and you are able to stop any of them if they step out of the activity area.

Suggested Review Questions

- Did you come up with a strategy before starting the challenge?
- Did you adapt your game plan?
- How did you feel being blindfolded? Did you always trust your communicators?
- How difficult was it to communicate your signals without having to speak?
- How difficult was it to understand those signals and translate them for the robot?
- Did you get frustrated at any point?
- Looking back, is there anything you would do differently?

OBSTACLE COURSE

ACTIVITY NOTES

Overview

One at a time, blindfolded team members are guided by their teammates through an obstacle course to the finish line. They must rely heavily on trust and communication to complete the challenge.

Time: 30 minutes

- 2 minutes for blindfold activity introduction
- 3 minutes to discuss and plan
- 20 minutes for the course (1 point awarded for every team member that completes the course).
- 5 minutes to review and debrief

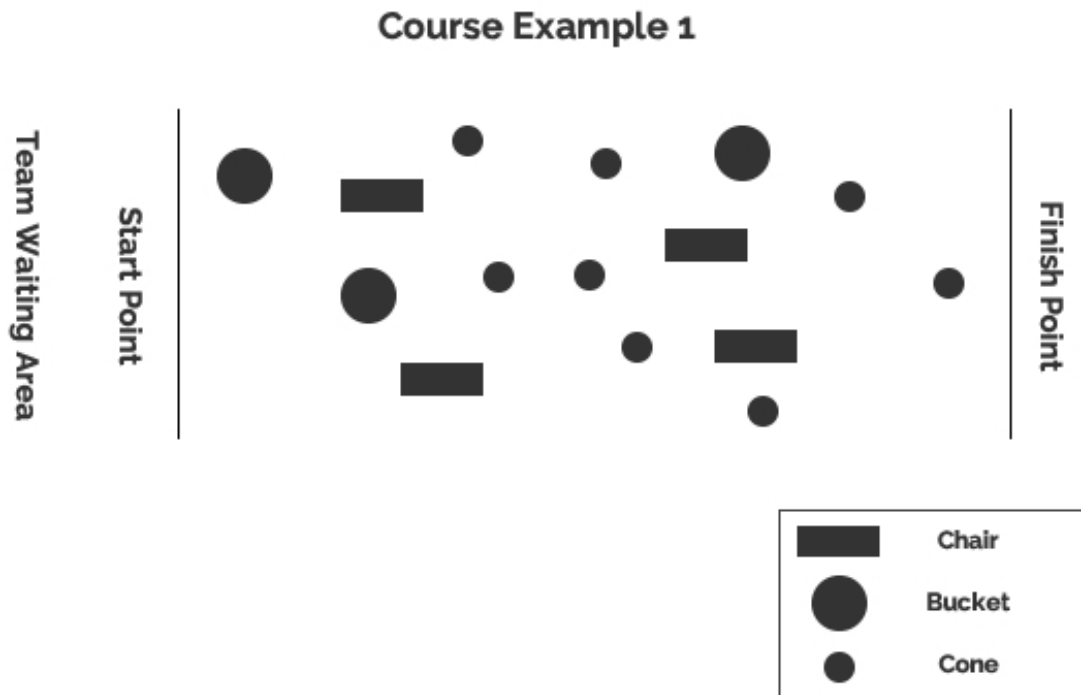
Space required: Medium. Either Indoors or Outdoors

Resources:

- 1 roll of masking tape (or use cones)
- An assortment of items can be used as obstacles such as chairs, buckets, desks or cones
- 1 blindfold

Course Set Up

Create an obstacle course and mark a start and finish line with the tape (cones or rope can also be used). Items used as obstacles should be spread out and kept away from anything that could potentially cause risk to the active participant (such as walls, tree branches, nettles, etc).



Instructions

One team member is selected to navigate through the obstacle course. (Note: You may wish to demonstrate the path at this point). The team member will be blindfolded and totally dependent upon teammates to complete the course. Teams are given 3 minutes to discuss and develop a non-verbal communication style that will guide the blindfolded participant safely through the obstacle course. Give blindfolded participants a maximum of 3 minutes to successfully complete the course before switching.

If a blindfolded participant touches an obstacle, they must stop and return back to the start point and switch with another person in the team. To increase the difficulty of the challenge, after each unsuccessful attempt or completion of a turn, move some of the obstacles around so that it will be a new course for the next participant.

You can do this activity as one big group or you can split the team into smaller sub-teams and get them to race against each other (with a maximum of 3 on the course at once). The team with the blindfolded participant who completes the obstacle course first wins the challenge and is awarded a point (similar to the Blindfold Retriever and Sheep and Shepherd exercises).

Learning Outcomes

- Communication
- Cooperation
- Trust
- Comfort Zones

Suggested Review Questions

- How did you feel being blindfolded?
- Did you discuss the challenge before attempting it? Why was this important?
- Did everyone have an opportunity to offer input or ideas?
- Why was it important that you trust others in the team?
- What is an obstacle? (Notes: something that stops us moving forward)
- How do we overcome obstacles? (Notes: try to look for alternatives, develop a strategy and then review, adapt our approach).
- How important was communication? What's effective communication?
- Why did we do the activity and what can you take away from it?

BACK TO BACK DRAWING

ACTIVITY NOTES

Overview

Working in pairs, one person must describe a shape without naming it while their partner must try to draw the shape they are describing to try and get as close to the original shape as possible. This activity focuses heavily on verbal communication and listening skills.

Resources: Various shapes printed, paper and pencils

Space Required: Small. Indoors or outdoors.

Group Size: 6 to 16 ideally (If you have an odd number allow for a trio)

Total Time: 20 minutes

- 5 minutes to brief and set up
- 2 x 5 minutes to achieve outcome
- 5 minutes to review and debrief

Challenge Brief

Divide your team into pairs, and have each pair organise their chairs so they are sitting back to back. Give one person a picture of a shape, and give the other person some paper and a pencil. The person who is holding the picture is now required to give verbal instructions to their partner on how to draw the shape. They are not allowed to tell their partner the name of the shape and can only describe the picture. Allow 3 - 5 minutes to complete the picture. At the end of the activity, compare the shape with the actual drawing.

Learning Outcomes

- Communication
- Cooperation

Suggested Review Questions

- How well did the first person describe the shape to their partner?
- How well did the second person understand the instructions and how close were they to duplicating the actual shape of the picture?
- Did they discover any problems with the sending or receiving parts of communication and how did they overcome this?

BIRTHDAY LINE-UP

ACTIVITY NOTES

Overview

A quick and simple team building challenge to deliver. Participants line up in a straight line side-by-side. Ask them now to stand in order of their birthdays (month and day, year isn't necessary). The challenge is that the group cannot talk at all. You'll find that they resort to sign language, nudges, or someone might try to start leading. Great activity especially when used with a bench.

Equipment Required: None

Space Required: Minimal. Indoors or outdoors.

Group Size: 8 to 12 ideally.

Total Time: 10 minutes

- 1 minute to brief and set up
- 7 minutes to achieve outcome
- 2 minutes to review

Instructions

1. Get the group to stand in a straight line (side-by-side).
2. Brief them that they will need to get in order by birthday (by month and day).
3. The rule is that they can no longer talk. If they do start to talk, then they need to start again.
4. To make the challenge difficult, try blindfolding a couple of the participants.

Learning Outcomes

- Communication
- Cooperation
- Problem Solving
- Leadership

Useful Tips

If possible, use a platform (bench) for the group to stand on whilst they complete the challenge. If anyone slips off then they must start again. Alternatively, get participants to hold a rope to organise the group more effectively.

You can also make it more difficult by blindfolding a few team members. Variations of this game include names, shoe sizes, height etc. This exercise is great for improving communication and leadership skills.

BUS STOP

ACTIVITY NOTES

Overview

Group members make choices (express their opinions) in front of other people by getting on and off an imaginary bus. What follows is a number of word pairs, where individuals have to decide which one they agree with and why. This can be used as both a team building exercise and a fun ice breaker.

Equipment Required: Two ropes

Space Required: Small. Indoors or outdoors.

Group Size: 6 to 30 (maximum of 50)

Total Time: 20 - 25 minutes

- 3 minutes to brief and set up
- 10 - 15 minutes to achieve outcome
- 7 minutes to review

Instructions

1. Create an imaginary bus by laying the two ropes on the ground and in a parallel formation. The ropes should be about 3 – 5 meters apart.
2. Ask the group to stand between the ropes and face you.
3. As the facilitator, you will be the bus driver for this task and standing at the front of the bus facing the group (your passengers).
4. The bus driver reads out word pairs (refer to the list below) and as the driver reads them, he points to one side and the other. The passengers get off the bus on the side they most associate with at that time. For example; the bus driver says, “talk” (pointing to the left side) and “listen” (points to the right side).
5. Group members walk to the side of the bus (rope) they associate with or even a statement they agree on.
6. Pause and allow the two groups to see who chose what. This is a perfect time to discuss the choices with the team.
7. Then the bus driver says “Back on the bus!” and everyone steps back on, standing in between the ropes again.
8. The next word pair is given and the passengers make their selections. The process is repeated several times.

Example Word Pairings

Day/Night
Spend/Save
Shark/Dolphin
Cat/Dog
PC/Mac
Run/Walk
Listen/Talk
Triangle/Square
Read/TV
Comedy/Thriller
Sun/Rain

Learning Outcomes

- Decision making
- Listening skills
- Discussion

Useful Tips

When working with young people, try to make it fun to begin with. Use word pairs such as, 'milk chocolate' or 'white chocolate'

For older groups, use it as an engagement exercise that links to teamwork or team development in general. This is a great get-to-know-you exercise, which is terrific as an ice breaker. Don't be afraid to discuss choices with the group.

HUMAN SHAPES

ACTIVITY NOTES

Overview

Working together as a team, the group has to use their bodies to form letters and words. This challenge is simple to deliver and can be done with no equipment. We recommend having a camera handy, as you might catch some memorable photos.

Equipment Required: None

Space Required: Small. Indoors or outdoors.

Group Size: 8 to 12 ideally.

Total Time: 20 - 30 minutes

- 5 minutes to brief and set up
- 10 - 20 minutes to achieve outcome
- 5 minutes to review and debrief

Instructions

1. Find an area free of obstacles and ask participants to spread out.
2. Start out by asking the participants to make several letters of the alphabet with their body e.g. B, C, D and E.
3. Next up, get them to form the words you say e.g. with groups of four people you would do words that have 3 or 4 letters i.e. dog, bird, cat, step and groups of five people, words that have 4, 5 or even 6 letters.
4. Finally, use a sentence or phrase that allows everyone to be involved.
5. You can also split the team into smaller groups and get them to compete against each other.
6. Try to make this activity fast paced, so they don't think too much and are kept energised.

Learning Outcomes

- Creative thinking
- Cooperation
- Support and trust
- Planning

MOVE TENNIS BALLS

ACTIVITY NOTES

Overview

The team races against the clock to retrieve and move as many tennis balls from one bucket to another, without using their hands or arms.

Time: 15 minutes

- 2 minutes for task introduction
- 3 minutes to discuss and plan
- 5 minutes to move tennis balls
- 5 minutes to review and debrief

Space Required: Medium. Indoors or Outdoors.

Group Size: 3 to 10

Resources:

- 1 roll of masking tape (or use cones)
- 1 metre stick
- 1 bucket of tennis balls
- 1 empty bucket

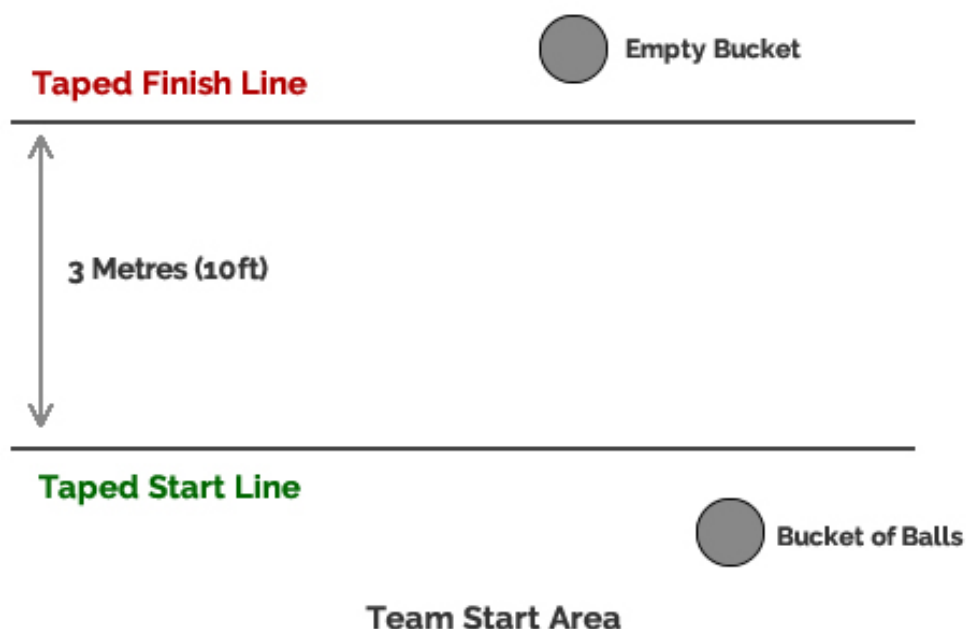
Set Up

Tape a start line on the floor. Tape and finish line on the floor about 3 metres (10ft) away. Place the bucket of balls at the start line and assemble the team near the bucket. Set the empty bucket across the finish line.

Instructions

Near the starting point is a bucket of tennis balls. The team has five minutes to move as many of the balls as possible from the bucket into the empty bucket across the finish line. Teams must designate one person who can touch the tennis balls. The chosen person may not cross the start line at any time during the challenge.

The remaining team members must move the tennis balls to the finish line without touching the balls with their hands or arms at any time. Team members – other than the person assigned the job – who touch a tennis ball with their hands or arms once they have started the challenge must leave the game and watch from the side.



Scoring

Award the team one point for every tennis ball that is moved and placed in the empty bucket. If all balls are moved from the start bucket to the finish bucket in the allotted time, award an additional 10 bonus points.

Learning Objectives

- Communication
- Cooperation
- Problem Solving
- Leadership

Suggested Review Questions

- Why was it important you planned before attempting the challenge?
- How did you discuss different ideas? Did everyone have an opportunity to share their ideas?
- How difficult did you find it without using your hands and arms? Did this obstacle force you to think differently?
- Did you support each other during the challenge?
- How well do you feel you worked as a team? What could you improve?
- Did you designate a leader for the challenge? What makes a good leader?
- Did your plan work? If not, why not? How did you respond to this?
- How do you ensure that everyone understands the team strategy?
- What would you do differently next time?
- Looking back on the challenge, what is the one thing you can take away from it?

TRUST EXERCISES

ACTIVITY NOTES

Overview

The Trust Circle and Trust Ladder are two similar exercises that help participants build trust in their fellow teammates. Be sure to emphasize safety throughout either exercise.

Equipment Required: None

Space Required: Small. Indoors or outdoors.

Group Size: 10 to 16 (if you have more than this, split into smaller groups)

Total Time: 20 minutes

- 2 minutes to brief and set up
- 15 minutes to achieve outcome
- 3 minutes to review

Trust Circle Instructions

Ask the group to form a tight inward-facing circle. One person is selected and stands in the centre of the circle. They allow themselves to relax, and fall backwards, safe in the knowledge that their team will catch them and then 'bounce' them gently round the circle. The tighter the circle, the less risk of accidents. Remain vigilant and monitor the safety of participants at all times. Give everyone who wants to try the challenge an opportunity to do so.

Trust Ladder Instructions

Line up the group into two parallel lines facing each other, standing close together. One person volunteers to go first and stands at one end of the parallel lines and falls forward (crowd surfing style). The group lifts them and passes them down their double line, gently depositing them at the end. They then take their place in the ladder and the next person has a turn.

Learning Outcomes

- Active listening
- Team Communication
- Trust
- Support

WILLOW IN THE WIND

ACTIVITY NOTES

Overview

One person in the team is selected to be the “willow” and stands in an upright and rigid position in the center of a circle. On your instruction, the person in the centre of the circle (the willow) is gently passed around the circle in any direction by the spotters. The willow must keep their feet absolutely still at all times and put their trust in the rest of the team.

The objective of this exercise is to develop trust and improve teamwork through cooperation and support. It is important that you monitor safety closely throughout the exercise. Only use this activity when working with calm and supportive teams.

Resources required: None

Space Required: Small. Indoors or outdoors.

Group Size: 5 to 12 max. For larger groups, split into smaller teams (just ensure you have an additional person to observe safety).

Total Time: 25 minutes

- 5 minutes to brief and set up
- 15 minutes to complete exercise (rotate between participants)
- 5 minutes to review and debrief

Instructions

- Before you start, teach the proper spotting technique and explain the importance of maintaining this throughout the exercise. Spotting technique: one foot in front of another in a t-shape position, arms outstretched, elbows locked, ready and alert.
- You must then demonstrate the willow position: feet together, arms crossed with hands on shoulders, body straight and eyes closed.
- Aim for 8 - 12 participants in each group (if you have a larger group then split into smaller sub-groups for this exercise).
- Organise the group into an inward-facing circle and spread large and small participants evenly to avoid any weak points in the circle.
- Select one person to be the “willow” and get them to stand in the middle of the circle.
- Ensure spotters are close together, shoulder-to-shoulder and maintaining the correct spotting positions. At this stage, the circle should be quite tight with spotters’ hands almost touching the participant in the middle.
- The “willow” should then allow themselves to be passed around the circle by the spotters.

- Once they feel more comfortable and have gotten over the initial fear of falling, spotters should then gradually ease back to allow a longer lean.
- Allow a minute or two per “willow”, then rotate between team members, ensuring everyone has an opportunity to participate.

Learning Outcomes

- Cooperation
- Communication
- Trust and support

Tips and guidance

The focus of the review should be on how they felt during the exercise and whether they trusted the rest of the group to support them. Get them to individually rate out of 10 whether they felt supported by the group and discuss what they could do support each other more. This will allow you to facilitate the review better and draw out the importance of trust and support when working with others.

Suggested Review Questions

- How did you feel when you were initially briefed on the exercise? Why did you feel this way?
- Do you feel you were taken out of your comfort zone during the exercise?
- How did you feel when you were first passed around the circle?
- How important was it to support others in the team?
- What is a risk? Did you feel you were at risk during the activity?
- Why did we do this exercise? How does this link to work you do everyday?
- Can you give an example of when you have gone into a situation blind and have had to rely on others to support and help you?

AIRSHIP

ACTIVITY NOTES

Overview

The aim of the challenge is for teams to compete against each other to win a lucrative contract for the commercial production of an airship. To win the contract, each team will have to design and build a fully operational prototype, within budget and on time, that meets a detailed specification.

Equipment Required: Balloons, elastic bands, toy propellers, paper clips, cotton, glue, parcel tape, plastic cups, tissue paper, craft knife, scissors, paper, newspaper, cardboard (or anything else you want to add).

Space Required: Low. Indoors or outdoors.

Group Size: 8 to 40 (split into smaller sub-teams of 4 to 8 per team)

Total Time: 125 minutes

- 5 minutes to brief and setup
- 90 minutes to design and build prototype
- 20 minutes for design presentations/pitches
- 10 minutes to review and de-brief

Instructions

Split the group into smaller sub-teams of between 4 and 8 participants. Ask the group to come up with a team name for the challenge.

Introduce the task: Each team will compete to try and win the contract for the development of their airship design. To win the challenge, they are required to design, build and pitch their prototype.

You have 90 minutes to do this. During this time, you will need to complete your prototype design and build it, ensuring that it matches the required specifications.

After your time is up, you are then required to pitch your prototype and try to persuade the client of its viability and demonstrate its capabilities by flying it along the course as indicated.

You will find attached the initial airship tender specification, as well as some information about our expectations. A range of materials and resources are available to you.

Challenger Brief

The Canyon Tour Company is a new and innovative company, seeking to capitalise on the natural wonder the Grand Canyon has to offer visitors. Founded in 2011 by its current Directors, the company has grown from strength to strength and is set to expand further.

Already offering a range of exciting and challenging activities for the more adventurous traveller (for example, our very successful *"Blind Rafting the Canyon!"* tour), we are now keen to expand our services to exciting trips for those who want the thrills and the views without the additional risk or physical effort.

Our development team has come up with a brilliant idea that we believe will be the next step in the evolution of our brand. We plan to offer airship tours around the canyon, providing excellent views from a unique perspective. The key word being unique – there are a lot of companies offering helicopter rides but we believe our airship tour will be a game changer.

We are inviting companies with the necessary creative and business skills to partner with us to develop the prototype airships that will help us achieve our goal.

Tenders are invited from interested parties who can demonstrate their ability to meet the airship specification.

Airship specification

1. Those tendering must be able to demonstrate excellent teamwork. There must be a clear company structure and role allocation, as well as effective leadership.
2. We are happy to meet with bidders to discuss our requirements in detail. We are busy people, so meetings will only be by appointment and with only two representatives from your team.
3. Prototypes must be completed and ready to fly by the time agreed with us.
4. You must consider our target market and design your prototype accordingly.
5. Finance will not be the only deciding factor in awarding the contract. However, you must demonstrate the financial viability of your proposal, by clearly setting out the costs of your prototype.
6. The decision criteria are a combination of the following:
 - Flying ability – does it fly under its own power, at an approximately constant altitude?
 - Flying distance – does it fly further than the competition?
 - Design – how attractive is the airship?
 - Cost – how does it compare with the cost of other entries?
 - Confidence – how confident are we in your company structure and management?

Immediately prior to the demonstration flight, you must make a short pitch/presentation to us, in the presence of the other bidders, which sets out how you meet the criteria.

Material Price List

The following items are available:

Item	Cost (£)	
Balloons	300	each
Newspaper	100	per sheet
Propeller	200	each
Rubber bands	10	each
Paper clips	10	each
Cotton	100	any amount
Glue	100	any amount
Parcel tape	250	any amount
Tissue paper	100	per sheet
Craft knife	50	unlimited use
Plastic cup	200	each
Paper	150	per sheet
Cardboard	250	per box
Scissors	50	unlimited use

Safety

- Knives and scissors should be used with caution (supervise if working with young people).
- Glues can cause irritation. Ensure participants wash their hands at the end of the challenge.

Learning Outcomes

- Creative thinking
- Leadership
- Project management
- Communication
- Teamwork

Useful Tips

If you're working with adults, let them get on with the exercise without too much assistance. They should be monitoring all aspects of the challenge themselves. If not, then use this as a discussion point during the review.

When doing this task with young people, you may have to keep them on track and let them know how much time they have left for completing the build. 90 minutes seems like a lot, but time flies by with this exercise.

Be creative and change the scenario to suit your own group (have some fun with it!). For example, you could change the scenario to "each team has been tasked with building a spaceship for visiting the moon".

See how your teams work under pressure and problem solve. Halfway through the allotted build time, say you have had word of an important meeting with potential investors and need to re-schedule the presentations to an earlier time. Instead of having 40 minutes left, the teams have just 20 minutes to complete their build before their final presentation.

You can also give teams a set budget for completing the prototype. This will get them thinking about their resource management and will play an important factor during the initial design discussions.

Suggested Review Questions

- How did you come up with your design idea? Did it change during the build?
- Were you creative in using your resources?
- Did everyone feel they were involved?
- Did you manage your time effectively? If yes, how? If no, why not?
- How well did you communicate as a team? How could you improve?
- Were you happy with your prototype design?
- How important was leadership in this exercise?

BUILD A BIG STRUCTURE

ACTIVITY NOTES

Overview

Teams are tasked with building a structure using the resources provided in just 10 minutes. The structure must be big enough so that a team member can completely pass under it in less than 1 minute. Creative thinking, cooperation and time management are essential in this challenge.

Time: 20 minutes

- 2 minutes for task introduction
- 10 minutes to build the structure
- 3 minute to test (based on 3 groups)
- 5 minutes to review and debrief

Space required: Small. Indoors or Outdoors.

Resources:

- 3 cereal or shoe boxes
- 3 cardboard tubes (12 inches [30cm] or less)
- 1 sheet of sticky labels
- 5 corks
- 5 pieces of A4 paper
- 5 straws
- 5 paper clips
- 1 egg carton

Gather the resources and provide a large area for the team to work in. Read the list of resources and challenge instructions.

Instructions

You have 10 minutes to build a structure that one team member can pass under. You will be notified when you have just 1 minute remaining in the task. At the end of the allotted construction time, you will need to choose one person to pass under the structure. The entire body of the chosen team member must pass completely under the structure in less than 1 minute without touching any part of the structure. If the structure is touched, you may try again as long as you have enough time remaining.

Teams will be scored out of 10 on their creativity, communication and cooperation as judged by the facilitator (for a total score out of 30). 20 bonus points are awarded if a team completes the challenge successfully and their team member passes under their structure.

Learning Objectives

- Creative thinking
- Cooperation
- Problem Solving
- Time management

Suggested Review Questions

- How did you come up with your structure design? Did everyone have an opportunity to provide input?
- How important was time on this task? How did you manage this?
- Did anything not go according to plan? How did you overcome this?
- Did everyone within the team have a responsibility?
- How well did you work together? Is there anything you could have done differently to make it easier?
- What was the most difficult part of the task? Did you get frustrated at any point?
- Did you have enough resources to build? What would have made it easier?
- Reflecting back on the building task, is there anything you would do differently next time?

CREATE YOUR OWN

ACTIVITY NOTES

Overview

The group is split into smaller teams and must work together to create their own problem solving challenge. Once they have come up with the ideas, they must work together to finalise the challenge and then present back to the rest of the group.

Equipment Required: None (or provide equipment for the groups to work with)

Space Required: Small. Indoors or outdoors.

Group Size: 8 to 30. Split the group into smaller teams of 4-5.

Total Time: 70 minutes

- 5 minutes to brief and set up
- 45 minutes to plan and finalise concept
- 15 minutes to present ideas to rest of the group
- 5 minutes to review

Instructions

- Tell the group the hour was going to be spent doing a problem solving activity, but you don't want to do one the participants have already heard of or tried previously. So they have to create their own.
- The objective of the challenge is to have each group of participants come up with a new problem solving challenge activity they've created themselves.
- They have just 45 minutes to complete the challenge.
- At the end of the time each group must come up and present their new problem solving activity to the whole group.

Learning Outcomes

- Problem Solving
- Leadership
- Communication
- Task and time management
- Creative thinking

Suggested Review Questions

- How did you come up with the concept?
- Was there a leader?
- Were you creative in using your resources?
- Did everyone feel that they were involved?
- How well did you communicate as a team? How could you improve?
- Did you delegate responsibility in the team?

DRAGON'S DEN

ACTIVITY NOTES

Overview

The group's task is to design and market a product to present to the Dragon's Den. The Dragons (managers, teachers or leaders) will ask questions about the product, its quality, and money-making prospects. After the presentation, they will decide which group's product they wish to invest in. Based on the television show, Dragon's Den (or Shark Tank for our US friends).

Equipment Required: Pens, papers and any other presentation resources

Space Required: Small. Indoors or outdoors.

Group Size: 12 to 20 ideally. Split into smaller groups (3-5 participants).

Total Time: 80 minutes

- 5 minutes to brief and set up
- 50 minutes planning and preparation time
- 20 minutes for presentations
- 5 minutes to review

Instructions

- Split into smaller groups (3-5 people). Get teams to come up with a team name.
- Tell the group they will need to design a product and deliver a final presentation to the Dragons to try and get them to invest in their product. Everyone must be involved in the presentation.
- The presentation must contain the information listed below. This list is not exhaustive and it is encouraged that more information be included:
 1. Company Name
 2. Company Structure
 3. Slogan / Tag Line
 4. Jingle
 5. Product Name
 6. Target Market
 7. Unique selling Points
 8. Product Price
 9. Benefits
 10. Predicted Turnover
- After presenting your product, you will have the opportunity to demonstrate its effectiveness and quality by launching it on our purpose built test pad.

- Introduce the Dragons
- Explain that they have only 50 minutes to plan their presentation. Get them started.

Learning Outcomes

- Creative thinking
- Time management
- Presentation skills
- Cooperation
- Planning and delegation

EGG ESCAPE ROCKET

ACTIVITY NOTES

Overview

Groups work together to tackle the challenge of firing an egg onto a landing area without breaking it. They must present, design and build their rocket before competing against other teams. The team that lands their egg closest to the landing area wins the challenge.

Equipment Required:

- Egg/s (depending on the number of teams)
- Pen & large piece of paper
- Landing area (create a circle with a rope, bungee cord or hula hoop)
- For launch, you require: plastic bottles, cork and bicycle pump
- Materials to protect the egg (2 x plastic cups, roll of sellotape, newspaper)

Space Required: Large outdoor area to carry out the 'practice' & the 'final firing'

Group Size: Teams of 6 to 12 ideally.

Total Time: 60 minutes

- 5 minutes to brief and set up
- 30 minutes to design, building and practice
- 10 minutes for presentations
- 10 minutes final firing (with other groups present)
- 5 minutes to review and debrief

Instructions

Organise the group into smaller sub-teams (between 6-12). The challenge is to launch an egg to the landing area using the equipment provided, ensuring that it lands unharmed. They have just 30 minutes to design, make and practice for the launch. The team that both protects their egg and lands the closest to the landing area wins the challenge.

Set each group off to start the construction. Suggest to each team that they should work in smaller sub-teams to begin with to generate ideas for the build and then select the best design.

When the time is up, get all the groups together and begin the presentations. Each team must present their egg rocket to the other groups and explain how they came up with the idea and why their rocket is the best.

Once the presentations are done, it is now time to begin the launch. Here are some key safety points to include:

- Be aware of other teams when operating in or near the launch area
- Do not cross the marked safety line while rockets are being launched

Final Launch

Instructions on how to launch the Egg Escape Rocket –

1. Make sure the launch area is clear of others
2. Fill the bottle with water to desired level
3. Connect the bottle to the tail fin
4. Position the rocket on the launch pad
5. Connect the air tube to the bicycle pump
6. Pump away ...
7. watch the rocket fly

The group that SAFELY (in one piece!) lands their egg closest to the landing area is declared the winner.

Learning Outcomes

- Cooperation
- Creative thinking
- Planning
- Teamwork
- Time management

Suggested Review Questions

- How would you say you worked as a team?
- Who led the team during the challenge? Did you have more than one leader?
- How did you come up with the design? Did everyone agree with the design?
- If you had to do something differently next time, what would you do?
- How did you manage your time effectively?

LIGHTS, CAMERA, ACTION

ACTIVITY NOTES

Overview

Everyone loves to watch movies. So what better way to stretch your team's creativity and communication skills than to have them plan, script, direct, perform and edit their very own 5 minute cinematic masterpiece? Whatever your occasion or objective, you can be sure that your team is in for an entertaining, rewarding and above all motivational team building experience.

Go through the same process Hollywood uses to make big-budget movies. Start with a concept, brainstorm ideas, develop a script, plan your shoot, start shooting your film and premiere the film at your very own film festival. This is the opportunity to be the hero, the villain or even that scary monster from outer space... the possibilities are endless!

You never know: you may have the next Kubrick, Bergman or Spielberg in your team.

Equipment Required:

- Cameras with video capability and external microphone jack (Camcorder or DSLR & Kit Lens)
- External shotgun microphones
- Tripods
- SD Cards
- Clapper boards
- Paper and pens
- Laptop/computers and editing software (download Adobe's easy to use Premiere free trial)
- Props such as clothing, wigs and anything else you can think of (raid a charity, bargain and hardware stores)
- TV (28" and larger) with speakers and HDMI connector for Film Premiere
- Other useful items: Gaffer tape, lights, elastic bands, envelopes, example scripts

If you already own some of this stuff then great – if not, look to borrow from family/friends, rent or even buy (you can get started for less than \$600 dollars).

Space Required: Small to Large. The more space, the better for location shots.

Group Size: 8 to 40 (depends on the amount of equipment you have)

Total Time: 5 - 7.5 hours (Can be adapted to suit available time)

- 30 minutes for briefing, equipment tutorials and setup
- 4 - 6 hours to write and produce film
- 30 minutes to review and de-brief

- 30 minutes for premiere screenings

If you have enough time and budget, host a full day event. Get your teams to shoot their films during the day, organise a meal in the evening and then hold your premiere and awards ceremony with a few drinks.

Setup

Before the start of the day, organise a room for each team as their base or production office.

In each room you should have the following:

- Table and chairs
- Laptop or computer loaded with editing software
- Box of props (clothes, wigs, make-up, fake moustaches and various pairs of glasses)
- Paper and pens
- Camera, Microphone, Tripod and clapper

Lights, Camera, Action – Structure

Stage 1 – Introduction

Introduce the team challenge. The group will be split into smaller sub-teams and will be required to write, direct and produce their own 5 minute short film based on a selected genre.

The climax of the day occurs when you attend the ‘The (company name) Film Festival’ where each film will be shown for the first time.

Discuss with the team what makes a good film and give a few pointers on how to make their film as good as possible. You don’t have to give too much detail, but here are a few tips:

- Talk about structure (every story needs a beginning, middle and end)
- Why characters are important (who’s your hero and why should we care?)
- Understanding your premise (what’s the story about? Did we see a transformation or your hero overcoming a problem?)
- How did the film end? (Did it tell the story and leave an impression?)

“Drama is life with the dull bits cut out.” Alfred Hitchcock

Introduce the camera equipment and give the groups a demonstration on how it works. You can leave most cameras in automatic mode and they will still produce a quality image. If you want to give manual a try, then set your cameras to 24fps in Settings and ensure that the camera person shoots at a shutter speed of 50/1 (or 30fps at the shutter speed of 60/1).

Next explain the clapper and the importance of marking each scene and take (makes life easier for editors).

Organise your groups into smaller sub-teams. Allocate a working area (production office) for each team.

Set a deadline for each team's final cut for the film premiere – this is normally 4-6 hours after you begin the exercise.

Stage 2 – Team Organisation

Send each team to their production offices and leave them to discuss and allocate roles within the team.

- **Producer** – Oversees the filming and ensures that everyone is happy and working on schedule.
- **Writers** – Once a genre has been selected, a concept discussed and agreed, they are tasked with developing the script. They will also work on set during filming, changing scenes/dialogue to help the story flow better.
- **Director** – Has the overall vision of the film. Works with all aspects of the crew, especially the actors to get the best performance, and cameraman to get the right shot/s and enough coverage (shots) for post-editing.
- **Cameraman** – Works behind the camera and sets up the shots. Ensures that you have enough coverage of each scene.
- **Actors** – Turns the invisible into visible. Acts out the script they have been provided. Rehearses scenes before shooting.
- **Editors** – Post-production collaboration to edit to specification and delivers the overall film.
- Others potential roles: Assistant Director, Costume & Prop, Location Scout, Special Effects, Stunt coordinator.

Stage 3 – The Challenge Begins

Invite the Producer from each team to draw a mystery envelope containing a film genre or theme. The team's final cut will need to reflect the genre. You can also include any criteria that match your objectives.

Here are a few genre and theme suggestions:

- Genres: Action, Drama, Zombie, Thriller, War, Romance, Horror, Western, Comedy or
- Themes: Bond, Pirates, Harry Potter, Superheroes, Gangster, Wild West, Christmas, Gladiator etc

Once they have something to work with, they return back to their production office. The team then begins to discuss the genre, brainstorming ideas on the concept and premise for their short film.

Once they have an idea mapped out, it is then time to get to work and create their film!

Once the team begins the challenge, take all the Editors to one side and give them a quick tutorial on how to use the editing software and how to upload movie footage from the camera (SD Cards). YouTube has some excellent tutorials and you can play around with something like Adobe Premiere and figure it out within an hour. If you're still unsure or don't feel confident enough to do this, get each editor to do their own research on the laptop or computer provided. Problem solved!

Stage 4 – The Final Cut

Each Producer should provide you with the final cut of their film at the time stated at the start of the day. Once you have every team's film, call a break and get everyone to return in 30 minutes.

Stage 5 – Reviewing and de-briefing

When the group returns, get them to sit in their sub-teams. Get them to discuss the day and ask them some questions to prompt discussion.

Here are a few suggested questions:

- How well did you work as a team?
- Are you happy with your film? If no, is there anything you would change?
- How did you come up with the concept and premise? Did you have more than one idea?
- What role did the Producer play in your film production? Why is leadership important?
- How did you manage your time effectively?
- Did you enjoy your role within the team? Is there any other role you would have liked to try?
- Did anyone impress you in the team? If yes, why?
- What did you learn from the day? How could use these learning lessons in the future?

Stage 5 – Film Festival

The excitement is high as all of the teams' final films are shown for the first time on the silver screen! This can be combined with an awards ceremony (Oscar style) or as a standalone film premiere.

Setup

Transfer all the films to one laptop and connect the laptop to the TV using a HDMI cable. Organise a mini-theatre or cinema. If you have the budget for it, decorate the room. If not, then just organise chairs facing the TV.

It's also nice to have some popcorn and drinks available for the final screening.

Structure

Before each screening, have the film's Producer and Director come to the front of the room to make a formal introduction to the audience. Once they are done, play the film for all to enjoy.

Awards Ceremony (Optional)

Before the start of the ceremony, organise some trophies and certificates for each award.

The most prestigious prize is the 'Best Film' award and this will be decided by the committee voting panel (made up of you and a few impartial people). The films will be scored on commercial viability, professionalism, team involvement, audience engagement, entertainment and fun factor!

Also incorporate a few people choice awards for: Best Actor, Best Scene, Best Director, Worst Acting etc. These will be voted by all your participants. After all films have been shown, give out voting sheets for these awards and then count them up (just make sure people don't vote for themselves!).

What better way to finish an event then to have your whole company laughing with and at each other's excellent efforts! Everyone is guaranteed to leave feeling uplifted, and with a few stories to tell about their first-hand experience of making a 'blockbuster film'.

Light, Camera, Action is a fun and flexible team building activity which promotes creativity, and will motivate staff through a fun shared experience.

Learning Outcomes

- Creative thinking
- Time management
- Project management
- Leadership
- Communication skills
- Teamwork

Hints and tips

Useful filmmaking terminology

Scene – This is a series of shots, or a single shot that takes place in a one location and that deals with a single action.

Take – A single continuous recorded performance of a scene. A Director typically orders takes to continue until they are satisfied that with what they've recorded (or have 'in the can').

Action – "Action" is called by the Director to indicate the start of a take.

Cut – The term "cut" is called again by the Director to indicate that the take is over and to stop filming.

Shot – In terms of camera distance with respect to the object within the shot

Master shot: A long take of an entire scene, typically a long shot that shoots everything.

Coverage – This refers to all shots the Director takes in addition to the master shot to make up enough footage for each scene for editing.

For a full list, visit [IMDB Glossary](#) Page

Extra Resources

To help teams when they are in the crucial stage of deciding the concept and premise, provide them with an example script related to the genre. For example, if they pick an envelope with the romance genre, give them a copy of a related script such as 'Notting Hill'. You can do a Google search for most scripts and print them to help with the writing and creative process.

You can also provide each group with some storyboard templates. These are helpful for Directors and the camera person when deciding the type of shot to use when filming.

Again, do a Google search and you'll find plenty of free templates, print them and you're ready to go.

Decorate Production Offices

Turn each team's allocated room into a true production office. Buy some movie posters and put them up on the wall. Get creative and make it as fun as possible. You can even allocate rooms after they have picked their genre (they will not only receive their genre but a room number they will be based in). You can set up the room with posters, music and props related to that genre or theme. For example, create a genre specific room such as horror, romance etc.

All Day and All Night (If you have the money)

This is an expensive option, but if you have the budget for it, then it's definitely worth doing!

Instead of finishing your team building event with the film festival at the end of the day, do an end of day review and debrief only.

Send your delegates home and get them to return back to a different venue, dressed up for a whole evening of entertainment and partying.

Book a venue and arrange for someone to set it up for you during the day, with red carpet and decorations ready for the film festival and awards ceremony. Hire a big screen or projector with surround sound system. You can even hire a company to video the event, plant a fake presenter on the red carpet and get them to interview your filmmakers as they arrive and record the whole ceremony including the acceptance speeches.

Put everything together on DVD including all short films to create an unforgettable experience for all involved and a souvenir of their fun team building day.

NO MAN'S LAND

ACTIVITY NOTES

Overview

Teams are tasked with transporting as many balls as possible from the start line to the end line and over No-Man's Land in 10 minutes using just the resources provided.

Time: 25 minutes

- 5 minutes to brief and setup
- 5 minutes to plan
- 10 minutes to complete the challenge
- 5 minutes to review and debrief

Space required: Medium. Either Indoors or Outdoors.

Resources:

(For setup)

- 1 roll of masking tape
- 1 yardstick
- 1 plastic carrier bag
- 1 bucket or container large enough to hold 10 tennis balls

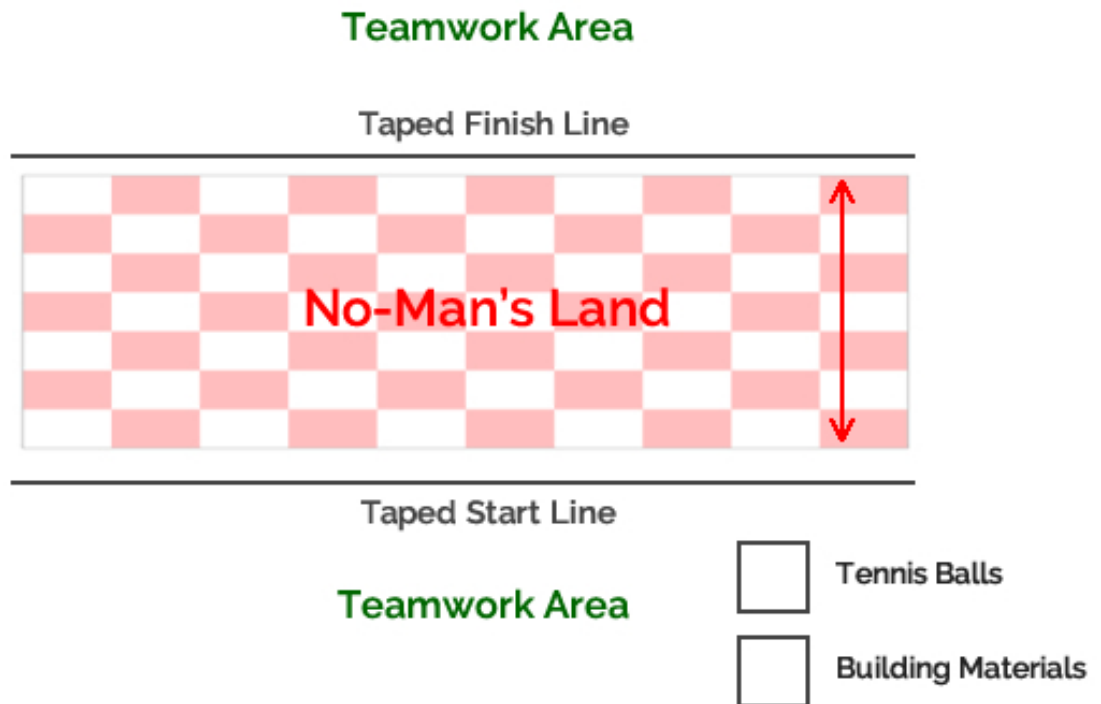
(For construction)

- 2 uninflated balloons
- 10 paper clips
- 1 sheet of sticky dots
- 10 index cards
- 2 paper plates
- 5 straws
- 1 10ft (3m) length of string
- Scissors

Setup

Gather the resources. Tape two parallel lines on the floor, 5 feet (1.5m) apart. One will be the start line, the other the finish line. The area between the two taped lines becomes No Man's Land.

Place the remaining construction materials in the plastic bag ready for the group. Place the tennis balls in a separate container. Gather the team and resources on one side of the taped area as shown in the diagram below. Read the list of construction materials and the challenge instructions to the group. Alternatively, print the instructions and hand to the group to begin the challenge.



Challenger Brief

Your task is to move as many tennis balls as possible from the start to the finish line. The space between is called “no man’s land”. You are permitted to stand on either side of “no-man’s land” but cannot step into the area at any point during the challenge.

You have 2 minutes to discuss the challenge before being presented with the bag of resources. You will then be provided with a further 3 minutes before you begin the challenge.

You have just 10 minutes to move as many of the tennis balls from the start line to the finish line and across “no man’s land”, using your ingenuity and the resources provided.

Balls may not be tossed or thrown across. Any balls that fall into “no man’s land” cannot be retrieved.

You will be notified when you have 3 minutes remaining and again when you have 1 minute remaining.

Learning Objectives

- Problem Solving
- Leadership
- Cooperation
- Time Management
- Creative thinking

Suggested Review Questions

- How did you come up with your strategy for the task?
- Was everyone involved during the planning?
- Did you have more than one idea? How did you come up with the best solution?
- What was the problem and how did you overcome it?
- Did anyone lead the challenge and what role did you play in the challenge?
- Was everyone made aware of their responsibilities?
- How did you manage your time? Was someone allocated the responsibility of checking the time?
- Are you happy with the end result? Did you meet your expectations? If not, why not?
- If you did the challenge again, is there anything you would do different?
- What can you take away from the experience?

TALLEST TOWER

ACTIVITY NOTES

Overview

Participants work together to build the tallest freestanding tower with the resources provided by the facilitator.

Equipment Required:

- Paper Cups, plates, bowls
- Pens or pencils
- Paper or cardboard
- Sellotape or masking tape

Space Required: Small to large. Indoors or outdoors.

Group Size: 8 to 100.

Total Time: 40 minutes

- 10 minutes to brief and set up
- 20 minutes to achieve outcome
- 10 minutes to review

Instructions

1. Before the activity, you need to make a batch of supplies for each group. Try and keep these as even as possible.
2. Organise the group into smaller teams. Divide your group into teams of 3-7 (depending on the size of your group).
3. The objective of the challenge is for participants to work to build the tallest freestanding tower they can with the supplies given. Announce they will have just 20 minutes for the build.
4. Answer any questions the group may have. Once everyone is happy, let them begin building their tower.
5. Once each team has built their tower, get them to bring their builds forward and begin measuring (or measure where they stand).

Learning Outcomes

- Creative thinking
- Collaboration
- Teamwork
- Strategy
- Time management

TEAM SHIELD

ACTIVITY NOTES

Overview

Working in smaller groups, each group must create a team shield to establish a team identity (or any other subject you are trying to teach). This is a very flexible challenge that can be used to front-load a workshop or as a reflective tool.

Equipment Required: Printed template (next page) for each group, pencils, markers, colored pencils.

Space Required: Small

Indoors or outdoors.

Group Size: Teams of 3 to 4

Total Time: 20-35 minutes

- 5 minutes to brief and set up
- 10-20 minutes to create the shield
- 5-10 minutes to review

Instructions

Each team will make a shield or crest to represent their team. Print out enough copies of the shield (see next page) for each group and allow time to create.

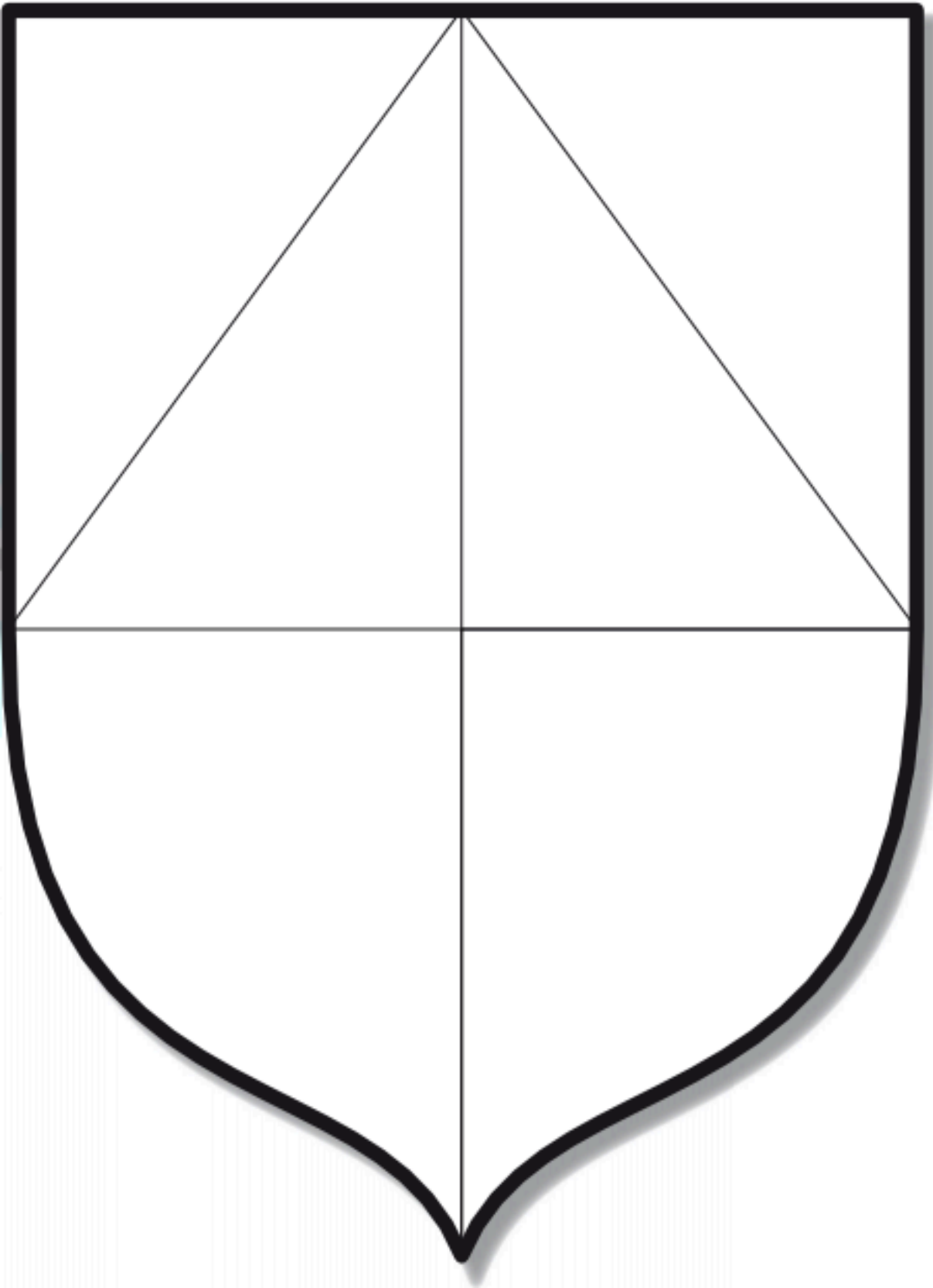
- Work in small teams (3 - 4 people is ideal).
- Explain that the task is to create a team shield, as a group. Focus on creating a team identity or your subject of choice.
- Ask the participants to allow some planning time before they embark on making their shield.
- Allow 10-20 minutes for making the shield.
- Each group displays and explains their shield – or the rest of the group can try to interpret it first before it is explained.

Variation

For a longer activity/project, each person designs their own shield first, and then as a team they work to combine the shields together. Using metaphor and representation is an excellent tool for thinking and memory.

Learning Outcomes

- Communication
- Creative Thinking
- Decision Making



VIDEO SCAVENGER HUNT

ACTIVITY NOTES

Overview

Working in smaller groups, each team must find and record all the items listed on the scavenger hunt list within a set time period. The team is given a video camera and just 10 minutes of video time to complete the challenge. Great for a fun team development day.

Equipment Required: One digital camera per team (with video recording function), SD cards, batteries, Scavenger hunt lists (see example list that follows), Laptop and Projector for review playback.

Space Required: Depending on age and size of groups.

Group Size: 4 to 8 in each group

Total Time: 2 - 3 hours (depending on the purpose of the challenge)

- 20 minutes to brief and set up
- 60-120 minutes to achieve outcome
- 30 minutes to playback and review

Instructions

1. Prior to the activity, create a challenge list of things for the teams to complete, and assign a point value for each task (see sample ideas below).
2. Divide the group into teams of 4 to 8 and give each team a camera, list, and a time to return.
 - Corporate Groups: You may have cars and drivers for each team.
 - Younger Groups: You may come up with a list of things that can be done in the surrounding area.
3. Each team is only allocated 5 minutes to record their video and must try to get as many different things in 5 minutes as possible. (Or each team only gets to film 5 x 30 second scenes and tries to fit as many things as possible in each scene).
4. After the time limit, the group must return (deduct points for each minute they are late) and hand over the camera. Allow time to watch each group's video montage, and tally points as you watch the videos.

Example Scavenger Hunt List

- A man with a beard shaking hands with someone on your team – 50 points
- The whole team singing a song at a bus stop – 100 points
- Someone on your team getting a drink out of a drinking fountain while someone else is riding piggyback on a team member's back – 30 points
- Someone washing the window of a car of someone they don't know (ask first!) – 50 points
- Someone on your team kicking a football against a wall that the whole team is standing against – 100 points
- Photo taken with a famous person – 300 points
- Someone shaking hands with a policeman – 200 points
- The whole team in a boat – 150 points
- The whole team singing a song while in a restaurant – 100 points (50 extra points for each person not on your team that is singing the song as well)
- Someone on your team walking the dog of someone they don't know – 200 points

Learning Outcomes

- Problem solving
- Leadership
- Strategy
- Cooperation

Suggested Review Questions

- Did someone in your group emerge as a leader? Was this helpful?
- Did your group waste a lot of time trying to decide what to do next?
- How did the team decide where to go and what to do?
- Did you split the team at any point?

Contributors

David Priestley

The majority of the content in this book was written by David Priestley. David is a team building and training specialist based in the UK. He began his career as an activity instructor back in 2003 and today offers team development programmes and training consultancy to a number of private and public sector organisations across the UK and Europe.

For questions about activities in this book, please contact us at Venture Team Building

E-mail: web@ventureteambuilding.co.uk

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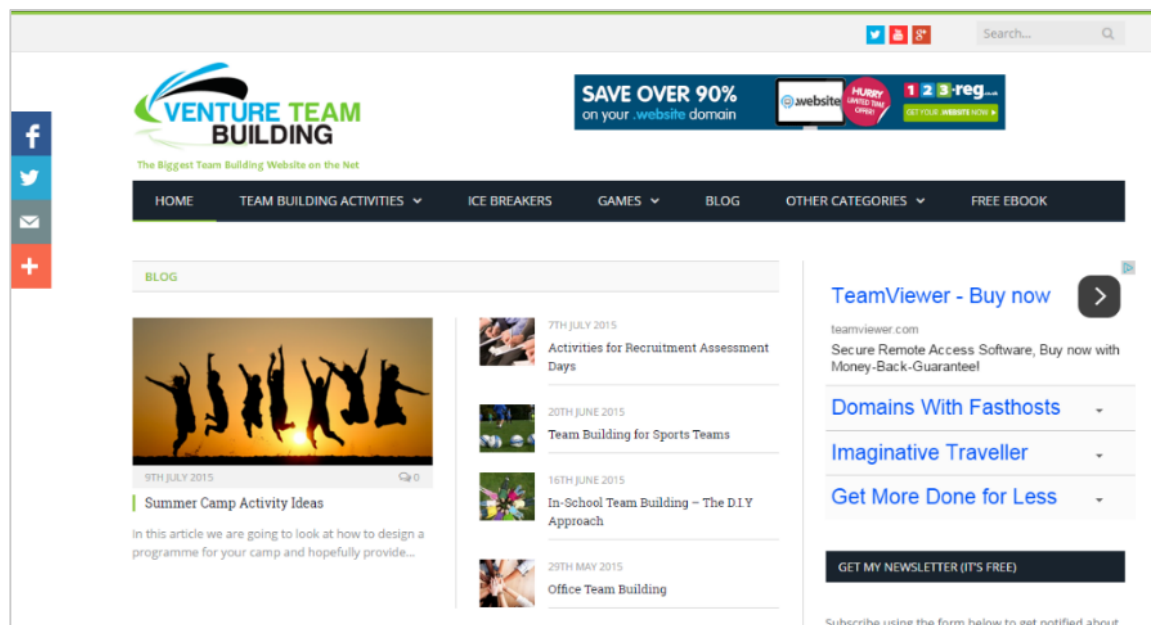
About Venture Team Building

Venture Team Building was created to provide resources for anyone interested in providing experiential learning and team building activities. The site currently has over seventy team challenges, fifty ice breakers and over a hundred games ideas to try.

Currently the website has the largest collection of team building challenges on the internet, helping teachers, managers, instructors and facilitators from all over the world provide activities to just about anyone.

What you can find on the website:

- Downloadable training tools, exercises and content
- How to video tutorials
- Web-exclusive offers
- Training tips, articles and news



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