Mountain Expedition Team Challenge

ACTIVITIES & MATERIALS

[ ] Mountain Journey  3 hula hoops
[ ] Water Purification  Jar, 8 clothespins
[ ] Starstruck         two small wooden Xylophones
[ ] S.O.S. Airplane     White copy paper
[ ] Self Portrait ID    6 pkgs colored pencils, paper
[ ] Rescue Symbol       50' length of rope
[ ] Encryption          Jumble for Kids puzzle

Mountain Expedition Team Challenge

Will you survive an expedition up one of the Rockies famous 14ers? For this afternoon’s challenge, you and your “trail group” will attempt to successfully complete each of the 5 (or 4) stations. We will do a quick walk around so that you can see where each station is, and get some idea of what’s involved with each one. The stations require a great variety of skills. Some of the stations involve physical skill; some require mathematical skill; some involve coordination; and one even involves musical skill. Some of the stations require every member of your Trail Group to participate; some stations require only SOME of the members of the Trail Group to participate. To be successful, play to the strengths of the members of your group. It is CRITICAL that there is fairness in choosing who participates. You may not “make” someone volunteer, but you can “ask” someone to help. Also, fairness means that the same people cannot volunteer for everything.

A few ground rules: Safety First - ALWAYS. That means physical AND emotional safety. How you speak to each other is at the “top of the list” of what’s important. Remember that it is a game, and your Trail Group will try to win, but never at the expense of someone’s feelings or sense of personal value. Understood? If someone is running and falls, what do we do? Stop the game and help them. When we speak to each other, be encouraging, not discouraging!

When we are all finished, we will have a chance to talk briefly about how well your Trail Group did with completing the tasks with resilience and harmony. That’s what we want. Each group will have an adult “Guide”. If you have questions or concerns, talk with your Guide.
Let's do a quick check in...

THE STATIONS

1. Mountain Expedition
   a. STORY: “You are Montessori teachers trapped in Colorado until you can successfully conquer a 14er. You will need to prove you can survive before you can begin your journey. Your Task: get from this urban setting, through the sprawling suburbs, and arrive safely at the base of the Rockies where the rest of your adventure begins. Your Subaru (3 hula hoops) each need a driver, and can carry passengers for each leg of the trip. No one may travel outside of the Subaru.”

   b. INSTRUCTIONS: Your team must travel from cone A to cone B. Your whole group must begin at “A” and end at “B”, however, as you travel you must have at least one person in each hula-hoop, for each leg of the journey. No one can travel outside of the hula hoops. You can make as many trips as you like. (You can take people over, “drop them off”, and come back for more.) DON’T BREAK THE HULA HOOPS!!

2. Water Purification (or “iodine packet drop”)
   To survive the high altitudes and strenuous work of climbing to the top of a 14er you will need plenty of water, there are several mountain springs you will find along your journey. Your Task: Treat the water to make it safe to drink.

   a. INSTRUCTIONS: The whole group forms a circle around the jar. (Or, choose 6 people to participate). Each person will stand up straight over the glass jar, hold a clothespin at your nose, and attempt to drop it directly into the jar. Each person may have THREE tries PER turn. (e.g. person #1 gets three tries, then person #2 gets three tries, etc.) Your group moves on when you have successfully dropped 3 clothespins in the jar. (or, 2, or 1)
3. Starstruck
   You may be staying overnight in the mountains, it is important that you spend some time appreciating the magnificence of the stars in this vast and open land of Colorado. This next challenge is a dedication to the stars.
   a. INSTRUCTIONS: Choose six people to participate. Each of the six people needs to play “Twinkle Twinkle” completely, from start to finish. Team members may teach each other, but individuals must each play the song.
   b. NOTES: You may let them try it out and get things started. IF (and only if) they can’t get started, you can give them the 1st note (“Begin on the low C.”) Let them struggle some, if needed, you can give them the first four notes: [begin on low C]
      C C G G

4. Self Portrait ID
   If you get lost on the mountain we need to be able to find you! It is essential that you provide a self portrait!
   a. Divide your team into 2 groups (of equal numbers.) Each person in each group will draw a "self-portrait" (no letters, numbers, names, or words). When your half is finished, give the drawings to the guide. When BOTH GROUPS ARE FINISHED, the guide will “exchange” the drawings. Each half then must correctly identify who’s who – and write the name of the person on the paper. The group moves on when every drawing has been correctly identified.

5. S.O.S. Airplane!
   You need to be rescued! You are stranded at the top of a peak and only have paper airplanes to send an S.O.S. Planes must cross over a certain line for a chance of rescue!
   a. INSTRUCTIONS: You can have any number from 6 – 12 participate. Participants need to fold and fly paper airplanes. The group moves on when they have successfully flown THREE airplanes a distance of _______________
   b. NOTES: You can share the “SAMPLE” airplane if groups need it/ask for it.
6. Rescue Symbol

a. INSTRUCTIONS: In the event of an air-lift rescue, you need to create a symbol that can be seen from above. The Task: use the rope to create a 5-point star with radial symmetry (i.e. it looks symmetrical, and even, and regular). The rope needs to cross over itself 5 times... no more, and no less. Also, the six people involved are the only ones allowed to touch the rope and give instructions.

b. NOTES: IF someone else wants to “swap” with a participant, you may, but it will cost you 30 seconds before you can move on. (30 sec for each “exchange you make”) (At the end, count “1 Mississippi, 2..”)

c. OPTIONAL – If you’ve got a larger group, you can have a second rope (larger/small) and have a second group of 4, 5, 6, ? create a square, pentagon, hexagon, etc to go inside or outside the first group

7. Encryption! (Sudoku, Crossword, or Jumble Puzzle-Time)

a. INSTRUCTIONS: Your group comes across a food locker requiring a special code to open. The Task: solve the puzzle to unlock the food box! Get as many members of your trail group to help as possible. Complete the three puzzles. The group can move on only when ALL THREE puzzles have been completed.

b. NOTES: The adult guide has the answer keys for these puzzles.
NO MATERIALS

Partners

- Look Down, Look Up (used to form partner-pairs)
- Knee Tag [https://vimeo.com/44840149](https://vimeo.com/44840149)

Small groups

- Ghost Word [https://www.icebreakers.ws/small-group/ghost-game.html](https://www.icebreakers.ws/small-group/ghost-game.html)
- Human Knot (hands) [https://www.wikihow.com/Play-the-Human-Knot-Game](https://www.wikihow.com/Play-the-Human-Knot-Game)

Whole group/large group

- Who is more likely
- Ship-Island (aka Captain’s Coming) [http://thisishowyouplay.org/wiki/Captain%27s_coming](http://thisishowyouplay.org/wiki/Captain%27s_coming)
- Streets & Alleys
- Group Rock, Paper, Scissors
SIMPLE MATERIALS

Small Group

- Traffic Jam http://www.ventureteambuilding.co.uk/traffic_jam_team_building/
- Farkle http://howdoyouplayit.com/farkle-dice-game-rules/
- Dictionary Game
- Blind Square http://www.ventureteambuilding.co.uk/perfect-square-team-building-activity/
- Save Fred: https://www.youtube.com/watch?v=L26KZ99xfT0
- http://growingastemclassroom.blogspot.com/2013/06/can-you-save-fred-activity.html

Large Group

- Four on a Couch http://www.greatgroupgames.com/four-on-a-couch.htm
- Turn the Tarp (or Magic Carpet) http://www.teamworkandteamplay.com/resources/tt_magiccarpet.pdf
- Untangle (rope) http://www.ventureteambuilding.co.uk/rope-knots-game/
- “Echimora”
- King’s Coin (aka “Pulse” or Electric Current”)
  http://www.group-games.com/action-games/pulse-game.html
- Cups Game: http://pbskids.org/zoom/activities/games/thecupgame.html

General Resources

https://www.teampedia.net/wiki/index.php/Main_Page

https://www.wrike.com/blog/team-building-games/

http://www.ventureteambuilding.co.uk/

http://www2.peacefirst.org/digitalactivitycenter/resources/search
(searchable by age, skill, theme, etc.)

(also, searchable by where to play, type of activity, and keyword)
Questions...

- What did you notice during the game?
- What did or didn’t work?
- What was challenging?
- How did you feel?
- What did you learn?

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**Games Requiring NO Equipment**

**Sit About or Lap Sit**

Have students make a circle, placing their hands on the shoulders of the person in front of them and their feet toe to heel. When all students are in the correct position, count to three, and sit down. They will be sitting in the lap of the person that is behind them. If it is unsuccessful, make your circle tighter and try again. Can you raise your hands from each others shoulders? Can you stand up?

**Shoe Twister**

Everyone takes off one shoe and puts it in the center of the circle. Everyone joins hands. On 'Go', everyone gets a shoe from center and finds the person who owns it, and puts it back on that person without letting go of hands of people beside them.

**Hand Jive**

Review with the students what a hand jive is based on the movie “Grease”. In small groups, have students create their own hand jive. Each student must contribute at least one move to the hand jive, which will be performed for the whole group once perfected.

**Line-Up**

Students must line-up according to a given order without speaking (i.e. height, shoe size, birthday, etc.) Stress to the students the importance of using non-verbal ways to communicate like hand signals or gestures.

**Trust Falls**

After teaching the participants the proper spotting position, students pair up. One partner gets into the proper spotter's position, while the other stands up as straight as possible about a stride in front of them. Crossing their arms across their chest and closing their eyes, they simply tip backward trusting their partner to spot them.
Hat Game

The narrator says ‘I have a hat...’ and then proceeds to tell a long and protracted story about a hat being passed among the group, ending with the question “who has the hat?” Players guess, while the narrator waits; only revealing the answer after several guesses. The narrator then tells another story in the same way. The object of the game is for the players to determine what the key to ‘having the hat’ is. If they guess correctly, they are not to reveal the answer. Half the fun of the game is letting EVERYONE figure it out for themselves...NEVER give away the answer. The key is that the first person to talk after the question is asked has the hat.

Triangle Game

This game is similar to the hat game. The narrator chooses three points (ANY three points) to make a triangle and then asks “who’s the triangle pointing at?” The answer is the second person to talk. Again, let EVERYONE figure it out for themselves...NEVER give away the answer!

Train Game

The narrator picks two places to take a train to/from, but inserts ‘um’ in the middle as if thinking, and then asks the group to try to figure out where they can take a train to/from. If they don’t say the ‘um’, they can’t take the train. Again, let EVERYONE figure it out for themselves...NEVER give away the answer!

Go Tag

The players stand in a shoulder to shoulder straight line with every other player facing in opposite directions. The two end players are chosen, with one being ‘it’ and one trying to escape being tagged. Players may not reach or go through the line, and they may not leave the area around the line. At any point, the player trying to be tagged can approach a player in the line from the back and say ‘go!’ The player then takes the new player’s place in line, and the new player steps out of line and is now being chased by ‘it’. ‘It’ can also approach any player from the back and say, “You’re it!” and trade places with that new player.

Bear/Ninja/Cowboy

Explanation of signs: Signs work in a paper-rock-scissors like format. Cowboy shoots Bear—Bear eats Ninja—Ninja knocks the gun out of Cowboy’s hand. To make the Cowboy, bend your knees and act like you’re pulling guns out of belt holsters. To make Bear, stand tall with your arms over your head like giant paws and growl. To make Ninja, simultaneously make a slicing motion with your hand and a licking motion with your foot. This can also be used to solve many game outcomes in place of a simple paper-rock-scissors game.

Main game: Players are broken into two groups and sent to opposite sides of the game space past lines of safety. The game space should be at least as long as a basketball court. They decide on a sign to throw as a team; everyone in a group must throw the same sign. Players are then called to the center of the space where two ‘firing’ lines have been decided upon, at least 3 paces or more apart. The teams line up on the lines, giving at least an arm’s length of space between the players. The facilitator calls, “1-2-3 throw!” and each team makes their respective sign. The team that looses the throw must turn and run past their line of safety with the winning team trying to tag their players. Tagged players become part of the other team. The game continues until one team completely absorbs the other.
Wah

Players form a circle. Any player can begin the game. Whoever is chosen to begin puts their palms together over their head with their arms extended and says, "Wah!" The players on either side of him/her then make chopping gestures aimed around the beginning player's middle (with no contact) and each say "Wah!" The beginning player then "falls" bringing his/her extended arms down together to point at any player not beside them, saying "Wah!" That player then brings their hands straight up over their head, palms together, saying "Wah!" and the process begins all over again. The idea of the game is to keep a steady rhythm. Anyone who breaks rhythm or forgets to perform their part is out. When a player is out they step out of the circle, leaving the gap where they were standing. When there are only 3 players left, they stand in a "circle of death" which is the three of them competing inside a circle formed by the other players. When one of the three is eliminated, the game is decided by Bear–Ninja–Cowboy between the two left.

Snort

Have participants stand in a circle and fold their lips over their teeth. At no time can teeth be shown. Participants then begin 'passing' a snort around the circle. If someone laughs enough to show their teeth, they are out, and can become a heckler, moving around the circle saying, "Here piggy!" to anyone trying to get them to laugh. They may not touch the person. Snorts can also be passed back at the person who gave them. Participants could also growl instead of snort.

Animal Game

Players sit around in a circle. Each student chooses a different animal and creates a quick one or two gesture hand sign to represent that animal. Any player can start the game. Whoever starts makes their own hand sign and then the hand sign of any other player in the game. That player then makes their own and the sign of another player. This process continues until someone makes a mistake or a long hesitation. They are then out. The last player to go restarts the game. You can also be knocked out by making the sign of a player who has been knocked out of the game.

Corner Game

One student is chosen to be 'it' and sits in middle of room with their eyes closed counting to ten. Players move around between corners of the room which have been numbered. 'It' calls a number of a corner. Those in that corner are out. Play till only one student is left, they become it. Everyone still in the game may not be in the same corner at any point in the game.

Mafia

One person is chosen as the narrator. The first time the game is played it can be a teacher/instructor, and then rotate in later games. Everyone gathers in a circle and closes their eyes and puts their head down. Two players are chosen as mafia by being gently touched on their head while their heads are down. Then the narrator says, "Mafia, head up." Those two silently bring their heads up and use gestures to agree on one villager to be out. The villagers are then instructed to bring their heads up, and the narrator tells a story in which that player chosen is eliminated from the village. The villagers left then discuss who they believe the mafia are, and eliminate them from the game (send to jail). The narrator can reveal if the player chosen is or isn't a mafia member only after that player is eliminated. This process continues until there are only two players left. If a mafia member survives to be one of the last two players the mafia wins. If the mafia are both sent to jail, the village wins.
Black Magic

Two facilitators are needed for this game. One facilitator is the narrator and the other is the participant. The narrator weaves a story about how teachers/councilors/facilitators can send each other feelings and can read the feelings of campers/students/kids. They cannot read pictures...just feelings (this is important). The participant facilitator will be sent out of the room or out of ear shot so that they students have time to select an object in the space. It can be any object from a shoe, to a pair of glasses, to a button. As long as everyone agrees that this is the object. Then someone will be sent to fetch the participant facilitator. When they return the narrator will say, “The group has chosen an object and you need to figure out which object. I ask you, is the object chosen...” and the narrator picks an object. The participant facilitator makes a big show about looking into the student's eyes or touching their head as if reading their mind. And then says, “No”. This process repeats until it is time to get to the right object. Right before choosing the group’s object the narrator will pick something all black. This is the participant’s cue that the next object is the one. The group can instruct the narrator to make the object the 2 to the 10th to the 50th object (just not the first).

Picnic

Any player can start the game. Player 1 says, “I’m going on a picnic and I’m taking a...” and then names an item. Player 2 must repeat the sentence, using player 1’s item, and then add their own. Player 3 repeats the sentence, using player 1 & 2’s items, and then adds their own. This goes on until someone makes a mistake or forgets an item. Variation: The game can go in alphabetical order (e.g. – apple, basket, can, dog, etc...)

Games with Optional and/or Required Equipment

Human Knot

Optional materials: rags or handkerchiefs.

Participants stand in a circle and moves in until they are shoulder to shoulder. Reaching out with their right hands, they reach across the circle and grab the hand of someone else not right next to them. They then do the same with their left hand. If you are using rags or handkerchiefs, the participants are grabbing these, with each player receiving one. The object is for the group to then untangle itself into either one large circle or two linked circles, which you won’t know until they’re done!

Trust Walk

Optional materials: Blindfolds.

Participants are paired off, with one person designated to be the leader and the other the follower. If you choose to, you may blindfold the follower. The entire group is then taken on a decent length walk, with one leader verbally guiding the follower. Partners are not to touch. At the half-way point on the walk, partners switch roles.

Bumper Tag

Optional materials: Cones to mark out boundaries.

Designate a boundary, either natural, or with cones. Players are then broken into partners and told they will be playing a game of partner tag using “bumpers” (arms raised in front of them like a boxer guarding his face. They are instructed that there are three main rules:
1) They must stay within the boundary at all times.
2) They must walk at all times.
3) They must keep their "bumpers" up at all times.
   If the "it" partner tags the other, the tagged partner is to turn around three times and then go after the other.

**Barnyard**

Optional materials: Blindfolds.

Participants are partnered off and instructed to decide upon a barnyard animal to be. They must be able to make that animal's sound. Once every pair of partners has an animal, and no two pairs have the same one, partners are split up, with one on one side and the other across the space. Everyone playing is instructed to keep their "bumpers" (arms) up and to walk. Everyone then closes their eyes (or puts on blindfolds). Partners must find each other ONLY by making the sound of their barnyard animal.

**Smaug's Jewels**

*Materials: Some object to play the 'jewel'.*

Participants stand in a circle around the "jewel" and whoever has been chosen to be "Smaug." It is usually best if it is the facilitator for the first time. The object of the game is for people from the outside circle to come in and take the object out from under "Smaug" and return to their place in the circle without being tagged. There is no throwing or passing of the jewel, and each time the person with the jewel is tagged, it returns to the position in the center under "Smaug."

**Warp Speed**

*Materials: A rubber chicken or other object to be passed around (stuffed animals work best).*

Participants stand in a circle. The facilitator brings out the object to be passed and instructs the group that they are to set a goal for how fast they can get the object through everyone's hands. Everyone must touch it. The time begins when the facilitator passes the object to the first person and ends when it is back in their hands. Participants have time to plan. Variation: The object can be tossed from person to person in a set order with the rule being that it must travel the circle in that same order.

**Group Juggle**

*Materials: 5-10 whiffle balls or tennis balls or other objects to be juggled.*

Participants stand in a circle. The facilitator begins by underhand tossing the first object to someone in the circle not next to them. That person then underhand tosses the object to someone not next to them. This continues until it gets all the way back to the facilitator without hitting the ground. The juggle begins again, but the facilitator can add in a second ball after 4 or 5 people have passed the first one. As the group gets better, the facilitator can add more and more objects to the juggle.

**Magic Squares (Or Magic Marshmallows and the Hot Fudge River)**

*Materials: Carpet Squares (or some sturdy square of material that can be stood on approx. 1ft by 1ft), two pieces of rope or cones or some way of marking out a distance that works out to about 1 stride per participant or longer.*

In this activity participants will be attempting to cross a distance using carpet squares. With the predetermined distance set, create a story about either a river crossing or the magic marshmallows and the hot fudge river that lays out the following guidelines:

1) Participants may not touch the ground inside the "river" area. They may only touch the carpet squares as a
means of safely crossing. Anyone who falls into the river or who puts a body part on the ground must return to the starting area to begin again.

2) Any carpet square left untouched even for a second will be lost.

3) Everyone in the group must reach the far side safely to be successful...no exceptions!

4) Carpet squares may not be scooted or scootched around on the ground or they will be lost.

You may choose to create other guidelines for safety or to be generous and give them a way to earn carpet squares back. The group is successful when all have reached the far side without breaking any of the guidelines.

You may choose to begin this activity with a method of having the group earn squares, or you may simply give each person 1 square to start. One way of having them earn squares is to put them in partners (preferably someone they don't know too well already) and give them 2ish minutes to learn some new things about that person. The group can then reconvene and pairs of partners can ask other pairs questions about each other, with each correct answer earning the group a square.

Magic Tent Pole

Materials: A tent pole works best, but anything light, thin, long, and straight will work.

Have the participants break into two equal groups, and form two lines facing each other. Everyone's arms should be bent up at the elbow with pointer fingers extended toward the person across from them. After "zippering"; (placing your fingers in every-other-order with the person facing you) the tent pole can be laid across the zippered fingers of the entire group. From this point on no one may bend their fingers, turn them up or down, or use their partner's fingers to trap the tent pole. The object is for the group to slowly lay the tent pole down...no dropping!

Magic Carpet

Materials: A tarp of appropriate size for your group. They should be tight, but with a little space left to move.

Piling everyone onto the tarp (standing up), the group is asked to completely flip the tarp over to the other side, without a single person touching the ground. This activity works great with stories about magic carpets being high in the sky.

Blanket Stand

Equipment: Blanket.

Spread out blanket; whole group must get on it so that no appendages are touching the ground off the blanket. If the group completes the stand, have them get off and fold blanket in half. Repeat the above process for as long as possible.

Gateway

Materials: A long rope

With two facilitators turning the rope like a jump rope, the entire group must get through. Anyone touching the rope means the entire group starts again. For a tougher challenge, ask them to go back through again. This is a great activity to begin your session with to teach the participants about checking with every member's comfort level before beginning.
Minefield

Materials: Anything will work, you just need enough objects to spread around a space that students can avoid and blindfolds.

Going one person at a time, a group must send a blindfolded person through an area strewn with objects to a specific point on the far side. Those not blindfolded are allowed to talk their group mate through the field. The activity is successful when every person has reached the far side in safety. If any participant touches an object, even brushes it, they must return to the beginning. To make it more challenging you can require the entire group to start again if one person touches a “mine.”

Trail Signs

Materials: 6-8 sticks or pencils/pens of a similar length.

In this activity, the participants surround the facilitator who is preferably kneeling on the floor or leaning over a table that is somewhere at or a little below waist height. The facilitator takes the straight objects and tells the participants a story about this being a numerical system of some long past culture that is only ranges from 0 to 10. The object is for the participants to figure out what number the facilitator is trying to represent with the configuration made from the objects. The secret, though, is actually in the facilitator’s hands. The facilitator leans onto the table or the ground putting down their hands with the number of fingers displayed to signal the number intended. This should be done inconspicuously, but displayed where anyone can see it.

Peek-a-Who

Materials: Tarp or large bed sheet.

This is a fun name game that you can begin with if your group doesn’t know each other very well. Break the group into two equal parts and have them each stand on opposite sides of a tarp that is being held up by two non-participants. Each group chooses someone to secretly send up to crouch behind the tarp. On the count of three the tarp is dropped. The first participant to say the opposing participant’s name wins, and the non-winning player gets absorbed into the other team. The game goes until one team completely absorbs the other.

Not a Knot

Materials: A rope that has about one arm length for each participant.

With the rope laid out straight on the ground, have the group stand with the rope at their right. Each participant reaches down and grabs the rope with their right hand. They are now stuck to the rope. The goal is for the group to untie all the knots in the rope without letting go with their right hands. They may not switch hands. To make it more challenging, tell the group that they may not slide their hands along the rope either. They are stuck exactly where they grabbed it.

Leaky Pipe

Materials: Game tube (instructions provided below), bucket, cup, ping-pong ball

Participants are challenged to lift a ping-pong ball that is placed in the bottom of the leaky pipe out. They have access to a bucket of water and a cup, but it is placed a distance away (far enough to be a challenge, but close enough to be reasonable). The bucket holds more than enough water to fill the pipe, but they only get 1 bucket of water with no refills.
Game tube specifications: The leaky pipe is a piece of PVC piping that is about 3 to 4 feet long. One end is covered with a waterproof covering, and the other is left open. The tube should be suspended about 1-1.5 feet off the ground using ropes attached somewhere just below the opening at the top. The pipe is also filled with holes that are small enough to be completely plugged with a finger. A larger hole can be used that is more thumb-sized or requires 2 fingers to plug. Keep in mind that some of your participants will probably have smaller fingers than you.

**Handcuffs**

**Materials:** Rope hand cuffs created by tying one loop on each end of a piece of rope that separates the hands by about 12-18 inches.

Split your group into pairs, with each pair having two “handcuffs.” One participant slips the loops in the handcuffs over their wrists, and the other does the same after crossing their handcuffs through the closed loop of arms and rope of their partner. The partners are to separate themselves without removing the handcuffs. To do so, they should make a bite of rope in the middle of one of the handcuffs, slip it under the wrist through one of their partner’s loops and go around the hand to slide out above the wrist.

**Detective**

**Materials:** Container to choose slips from and a piece of paper to make paper strips.

Have the group choose a ‘detective’ who will leave the room or the area to a space where he/she cannot hear the group confer. The students then draw slips from a hat to figure out who the ‘killer’ will be. This should be anonymous. When the detective returns to the room have everyone mill about shaking hands. The killer is to subtly scratch the wrist of the people he shakes hands with. Anyone who shakes hands with the killer is to fall on the ground ‘dead’ after shaking one more hand. The detective has 3 guesses to try to catch the killer. Switch detectives.

**Circle the Circle**

**Equipment:** Two hula hoops, one slightly smaller than the other.

Ask your students (15-30) to form a hand-in-hand circle. Place two large hoops together between two people (resting on their grasped hands). See how quickly they can cause the hoops to travel around the circle (over the people) in opposite directions, through each other (hoop through hoop) and back to the originating point.

**Frozen Beanbag (Help Your Friend)**

**Equipment:** Bean bags.

Players should be balancing beanbags on their heads. On a signal, players move around the area at their own pace. To change the pace or action, the leader can ask the students to hop or skip. If the bean bag falls off a student’s head, that child is frozen. Another student (the friend) must pick up the beanbag and replace it on the first person’s head without losing his or her own bean bag. When the game is over, ask the players how many times they helped their friends, or how many times their friends helped them.
Guess Who

Equipment: Pieces of paper with names on them and tape.

Each player needs a name taped to their back. The object of the game is to figure out who you are. Everyone goes around and asks the other players questions. The players can only answer yes or no. This game is great when a theme is incorporated (i.e. cartoon characters, book characters).

Order out of Chaos

Equipment: Blindfolds (handkerchief).

The group is blindfolded. Each member is assigned a number. Once the members are distributed in a defined area, the members must line up in a proper numerical order without verbal communication. Another task would be to assign each member the name of an animal. Nonverbally, the members arrange themselves in order of size, from largest to smallest.

Polygons

Equipment: Blindfolds and long rope.

The group stands in a circle with blindfolded or closed eyes. A long rope is tied end to end to create a giant loop. Each member of the group holds out their hands and grabs the rope. The object of the game is to create whatever shaped polygon the leader has assigned. Options for polygons include: triangles, squares, and rectangles. Increase the difficulty by being specific about the kind of triangle (isosceles, equilateral, etc.).

Save the Earth

Equipment: Hacky sack or small soft ball.

One student stands a distance away from a group of students with a hacky sack behind them on the ground. The student is also facing away from the group behind him/her. The student counts to three loudly, while the other students try to steal the hacky sack. On three, the ‘it’ student turns around to face the students approaching them, who must freeze before the student reaches three. If they are caught moving at three, they must go back to the starting point. The objective of the approaching team is to capture the hacky sack and make it back to the starting point without being caught by the person guarding the hacky sack. They can toss/hide/pass/disguise the hacky sack between students to avoid being caught.

Fruit Basket

Equipment: Chairs (one less than the amount of participants).

Students count off into four different fruits (i.e. kiwi, strawberry, pineapple, and mango). All students sit in the chairs aligned in a circle, except one student who stands in the center. The student in the center then calls out a fruit. If their fruit is called, the students must get out of their seat and exchange with other students of the same fruit, while the student in the middle rushes to find an open seat, too. The student left without a seat is now in the center and will call the next fruit. If the student in the middle calls “fruit basket”, all students must get up and exchange seats without being left out.
Bullring

Equipment: 1 Bullring per group (see instructions below), 1 tennis ball per group, 1 bucket per group.

With the bullring laid out and the tennis ball and bucket placed some distance away (judge the difficulty by
the level of your group) before the group arrives, have the participants stand around the outer circle of the
strings. Instruct them to each pick up one string to start with, and then collect the rest so that there are no
more strings left hanging off of the ring. The group is then to attempt to pick up the tennis ball from the grass
nearby and carry it to the bucket without touching either the ball or the ring.

Bullring instructions: the items needed to make a bullring can be purchased at a hardware store. Find a utility
style metal ring that is smaller than the width of a tennis ball, but large enough for the ball to rest on the ring
without being completely unstable. The smaller the ring, the harder the game and visa versa until the ring is so
big the ball falls through it. You also need a spool of thin nylon cord. Thread and yarn don’t work well, and
rope is too thick. It also helps to use multiple colors. Tie the cord in 6-8 foot lengths to the ring with well
secured knots until you have somewhere between 15 and 30 lengths. Use knots secure enough so that when
the participants pull on the cord it won’t come untied. Shorter lengths of rope make the game easier, longer
lengths make a harder game.
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Print Resources


Harris, Frank W. Great Games to Play With Groups. Fearon Teacher Aids, 1990.


