TWO-BY-FOUR

Purpose
To develop effective, group problem-solving skills

Materials Needed
None.

Description
8 participants line up shoulder-to-shoulder, alternating male/female (hat/no hat; holding a card/ not holding a card). Object is to get into a line with all players belonging to the same group (e.g., without hats) on one side of the line, in the least number of moves.

Rules & Sacrifices
1. All moves must be made in pairs (side-by-side).
2. As a pair moves, their empty space must be filled by another pair (i.e., no gaps).
3. Players must always face forward (no pivots, or turns).

Variations
If extremely frustrated, give group the first move. Suggest some use coins, rocks on the ground to help.

Discussion
How did the group deal with frustration? Was everyone involved in the solution? Did everyone understand the solution?

SOLUTION (pair in bold moves to next location)

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TROLLEYS

Purpose
To develop effective teamwork and cooperation through group problem solving

Materials Needed
One set of trolleys

Description
Group must move their team from one point to another without touching the ground, using only trolleys and ropes attached. Can have friendly competition between groups.

Rules & Sacrifices
1. If any members step off, must return to start. Whoever steps off, may step back on, and be muted (or blindfolded; or face opposite way of team).
2. If someone feels they are falling off, they should step off, not pull another for balance.

Variations
Team muted; move around obstacle(s); move sideways; move backward, or over objects.

Discussion
How did the group decide on the method for moving? What kind of leadership emerged? Did everyone feel part of the team? What was it like when the team couldn't make the trolleys move? What happened when the team was unsuccessful? Successful? How did leaders/followers help/hinder effectiveness?
TRAFFIC JAM

Purpose
To develop effective, group problem-solving skills (a tough challenge)

Materials Needed
Nine 3X5 "arrows" cards arranged as follows:
→ → → blank ← ← ←

Description
8 participants stand on cards, facing in direction of arrows (remaining group members serve as part of problem-solving team). The two groups must exchange places.

Rules & Sacrifices
1. Illegal moves: any move backward; any move around someone facing the same way you are (i.e., you are looking at their back); any move that involves 2 people moving at once.
2. Legal moves: moving into an empty space in front of oneself; moving into an empty space by going around someone who is facing oneself.

Variation
Mute leader(s); mute everyone, except leader; repeat for faster time; must complete while everyone holding breath; 10 spots

Discussion
How did the group deal with frustration? Was everyone involved in the solution? Did everyone understand the solution?

SOLUTION: Starting from left to right, number all spaces, including the empty space:

X X X O O O O O
1 2 3 4 5 6 7 8 9

When the 1st person moves, note whether she moves into an odd or even space. If she moves into an odd space, she and her teammates only move into odd spaces until each member reaches her final destination; the other team moves only into even spaces until each member is home.

SPEED RABBIT

Purpose
To get just a little bit goofy (risk appearing inept in front of peers).

Materials Needed
None.

Description
In center of circle, leader points to someone who, with both adjacent players, create a character named by the leader - before the leader counts to 10.

Sample characters:
- Moose (snout + 2 antlers)
- Elephant (trunk + 2 floppy ears)
- Cow (udder + 2 "mooing" milkers)
- Rabbit (big ears + 2 "thumpers")
- John Travolta + 2 "stayin' alive"
- Elvis Presley + 2 bowing to the "King"
- Palm Tree (reach high + 2 crouched)

Rules & Sacrifices
1. Leader may ask any of the 3 characters to become the new leader.

Variations
Two leaders in center of circle. As players make mistakes, they enter circle, but old leaders remain - until no one is left outside.
**RACCOON CIRCLE**

**Purpose**
Getting started, in a circle becoming acquainted; focusing attention, and beginning to do group planning/processing in a circle.

**Materials needed**
1st tubular webbing (approx 20ft), tied with water knot

**Description**
1. **Grand Prix** (getting started). Using the knot as a pointer, begin by revving motors like a race car. Squeal tires as the knot behaves like a race car around the track. Slam brakes with a screech and ask the person closest to the knot to answer a get acquainted question such as “what grade do you teach?” Then squeal the tires again and you’re off in the opposite direction.

2. **Talking knot.** Without the screeching and squealing, when the knot arrives at a person s/he must tell us a truth or lie about herself/himself, and group members decide (thumbs up, down) whether to believe or not. That person then determines the next direction and stopping place of the knot.

**Rules & Sacrifices**
1. No special rules.

**Variations**
In talking Knot, allow participants to move the knot, and when a person is ready to speak s/he stops the knot in front of him/herself.

**NUCLEAR FENCE**

**Purpose**
To develop group problem solving and cooperation skills.

**Materials needed**
Two supports and one bungee cord

**Description**
Group must move their tam over the nuclear fence (36” above the ground) safely to the other side without touching any part of the fence.

**Rules & Sacrifices**
1. No one may touch the fence with any part of her/his body.
2. To remain safe during the passage participants must remain constant physical contact with one another.
3. Group members may step over or be passed but cannot dive (stress safety).
4. Any violation causes group to start over.

**Variations**
Team/individual(s) muted/blindfolded; mark off sections of a slanted bungee, then specify how many may/must move over each section.

**Discussion**
Requirement to remain connected can provide some awkward moments. In what ways did the group handle having to be connected at all times? Give examples of ways the group encouraged/discouraged each other? How did the group ensure everyone’s safe passage?
**KEY PUNCH**

**Purpose**
To encourage creativity, group problem solving skills and communication

**Materials needed**
One work rope and numbered squares ("keys")

**Description**
Keys must be touched in a specified order (numerically, alphabetically). 3 attempts to be most effective and efficient (timed)

**Rules & Sacrifices**
1. One team member allowed on keyboard at a time
2. Violations (keys touched out of sequence; more than 1 on keyboard) result in 5- or 10-second penalty.

**Variations**
Same person may not touch another key until all team members have touched one; divide group, and they compete. Spell a word.

**Discussion**
In what ways did group members choose to cooperate? In what ways did cooperation (competition) appear? What kind of communication patterns developed? Did group(s) try a lot of different ideas, or focus on 1 or 2? What was most challenging aspect?

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**HAVE YOU EVER?**

**Purpose**
To show how much players have in common through a fun, non-threatening activity.

**Materials needed**
Spot (e.g., 3X5 card) for each player in circle

**Description**
In center of circle leader asks a "Have You Ever?" Question. All players who can answer "yes" must move to a new place in the circle. Leader tries to move to a vacated spot.

Sample questions: "Have you ever…"
- Been on TV?
- Broken your nose? Arm? Body part?
- Had stitches? Where?
- Been in a parade? Which/when?

**Rules & Sacrifices**
1. Leader must ask about something that s/he has done, seen, etc.,
2. Answer to which, where, etc. must be in 3 words or less (to keep game moving)
3. Be sure questions fit the description of "fun, non-threatening." "Have you ever slept on a park bench?" could embarrass someone if s/he had to answer "yes" due to unfortunate family circumstances.

**Variations**
Can't move to an adjacent spot. CAN move to adjacent spot if answers is "no"
FULL HOUSE

Purpose
To demonstrate the importance of support and (verbal, non-verbal) communication

Materials needed
4X4s arranged as a square or pentagon

Description
Participants stand on the boards (approx 3 or 4 per board) randomly, and practice switching techniques. Then Challenge them to line up in order according to month and day of birth without touching the ground.

Rules &Sacrifices
1. If losing balance, simply step down. Begin again from that point
2. Cannot pass someone on a corner/ joint

Variations
Other line-ups: by height, silently by suspected age, by number of siblings, but shoe size. Best, with 15-second penalty each time someone touches the ground.

Discussion
Was there a group plan? Were all ideas considered? Were infractions not noticed or addressed? Any parallels to “cheating?” What would you do different if you did it again? What kind of leadership styles emerged? Point to someone who was especially supportive. In what way(s)?

COMPASS

Purpose
Fun, action-oriented, team building-activity.

Materials needed
None.

Description
Group forms a square, standing shoulder to shoulder; equal number on each side (i.e., team), facing center where leader is facing one of the 4 teams. Team must remember how they are lined up in relation to the leader. When leader shifts direction, all must line up in relation to leader AND in some exact order as there were to begin with (i.e., same person must still be on the left and right).

When a team is in the right order, they raise hands and yell, “Ready!”

Rules &Sacrifices
1. Use a “no running” rule, to reduce the chance of someone getting hurt
2. Strategy of holding hands if OK only if safe

Variations
Leader not only rotates in place but may move to completely different location
BUMPITY BUMP...

**Purpose**
Quick, fun name game.

**Materials needed**
None.

**Description**
Group in a circle. Leader roams the center and stopping in front of a player, says either "left" or "right, followed by the quick verbalizing, loudly of "bumpity bump bump bump." If this is said before the player correctly identifies the player to his/her left (or right, if called), then that player becomes the new leader.

**Rules & Sacrifices**
1. No special rules.

**Variations**
Leader can also ask for "you" (player must name self), and "me" (player must name leader).

BLIND POLYGON

**Purpose**
To encourage communication and cooperation to show learning styles/ leadership methods.

**Materials needed**
One work rope; blindfolds (1 per person)

**Description**
Each person stands inside rope circle; puts on blindfold. Reach down, lift rope behind back. Without letting go, make a square.

**Rules & Sacrifices**
1. No peeking.
2. Do not let go of the rope (thus can't change positions with another person)

**Variations**
Form other shapes (triangle, star) 1 or 2 must stay in place, and shape forms around them: start with rope ends united: everyone start on the outside

**Discussion**
Was there a plan, or did people just start moving into different positions? How is this activity like learning through trial and error? What happened when the group did not work together? Worked together? Examples of how group cooperated well? Did not cooperate? What would you do different if you did it again? What kind of leadership styles emerged? Describe communication in the group during the activity.
**BACK TO BACK**

**Purpose**
To get the creativity flowing

**Materials needed**
None.

**Description**
In pairs, partners take a good look at one another. The, back to back, one partner changes 3 identifiable things on his/her person (e.g. glasses upside down, watch moved to other wrist, earring remove, button unbuttoned, three fingers tucked). When partners resume facing each other, the other partner must determine what s/he thinks is different from what was observed previously.

**Ruled & Sacrifices**
1. No special rules.

**Variations**
When it is the other partner's turn s/he may receive assistance from others who now are changing 3 things about themselves. Change 5 things to 10 observable things.

**ALASKAN PIPELINE**

**Purpose**
To encourage planning and teamwork.

**Materials needed**
Half pipes (section of PVC pipe, cut lengthwise); marble.

**Description**
Each team member controls a section of half pipe. Team must move marble from one location to another without letting the marble roll off the pipe.

**Ruled & Sacrifices**
1. Player cannot move more than 1 pivot step while transporting.
2. Can't touch marble except with half pipe.
3. Must restart after certain number of drops.

**Variations**
Move around and over obstacles. Timed event. Two marbles

**Discussion**
Was there a group plan? Were all ideas considered? What suggestions were listened to? Ignored? Was your behavior typical of how you act as a group? Is this a useful way to act? Point to someone who was especially helpful. Describe what you observe.
**Tanks**

**Set Up:** This element is a square playing field approximately 12 feet by 12 feet. You may use cones for the four corners of the square and can also use the rope as an extra designated barrier around the perimeter of the square. Scatter the blue foam balls (missiles) all throughout the grass inside the square.

**Goals:**
- Provide opportunities to develop trust
- Develop strong communication skills
- Provide a situation that incorporates a need for strong attention, esp. when distractions are present
- Provide opportunities for creative thinking, problem solving and teamwork

**Task:**
- Participants are to pair up into groups of two
- One participant in the pair will be assigned the role of the tank - they will be blindfolded and will be placed inside the square.
- The other participant in the pair will be assigned the role of the commander - they will remain outside the square.
- The tanks will be guided throughout the playing field by their commanders. Each commander's job is to direct their blindfolded partner, the tank, to where the blue foam balls (missiles) are on the ground. Once a tank finds and picks up a missile, their commander then needs to direct the tank to where another tank is so they can throw and hit the other tank.
- Once a tank is hit by a missile, they are out. The tank must remove their blindfold and step out of the playing field until the game is finished.
- The overall objective of the game is to be the last tank on the playing field. Tanks must try both dodge and hit other tanks with the instruction of their commander.
- Once the game is over, the roles of each pair will switch and play the game again.

**Instructors Role:**
- Inspect element and ground surface for hazards: i.e., broken glass, dead limbs, stones, etc.
- Set up element properly and safely
- Present the task
- Makes sure the size of the playing area is not too large for the number of tanks you have.
- Manage activity, ensure safety
- Debrief activity - Communication, paying attention when there are distractions, trust in each other

**Safety Considerations:**
- Ensure the playing field is clear of hazards

**Variations:**
Have the tanks be on a “land mine” hunting mission instead of a shooting mission. Scatter out all the blue foam balls and have tanks compete to see who can find the most land mines with the help of their sighted partners, the commanders.
Minefield

**Set Up:** This element a large square approximately 15-20 feet by 15-20 feet. The playing field is set up by scattering a bunch of objects all over the square (blue foam balls, orange spots, cones, all the stuffed animal objects, hula hoops, and ropes - its open to everything). The minefield should have objects close enough to each other that they are placed within one step each direction of another object.

**Goals:**
- Provide an opportunity to develop trust
- Develop strong communication skills
- Create an environment that purposely creates distractions and chaos for participants to learn how to positively reaction to these situations
- Encourage teamwork to support goals and performance of their group pair
- Provide opportunities for creative thinking, problem solving and teamwork

**Task:**
- Participants are separated into pairs. One participant in the pair will be blindfolded while the other participant in the pair will be the instructor for their partner.
- All participants start at one end of the square and they must walk to the other side of the square without touching a single object.
- The instructor in the pair is not allowed inside the playing square at all. They must help their blindfolded partner cross the minefield by providing them directions and telling them where to step.
- Before beginning, allow participants a short period (e.g., 3 minutes) of planning time to decide on their communication commands

**Instructors Role:**
- Inspect ground surface for hazards: i.e., broken glass, dead limbs, stones, etc.
- Set up element properly and safely
- Present the task
- Manage activity, ensure safety
- Debrief activity

**Safety Considerations:**
- Ensure the playing area is clear of hazards surrounding the participants
- Be aware of blindfolded people bumping into each other. The facilitator can float around the playing area to help prevent collisions.

**Variations:**
- **Minefield in a Circle:** Blindfolded people start on the outside of a large rope circle, go into the middle, get a specific item ("treasure"), then return to the outside; continue to see who can get the most "treasures" within a time period of before they are all gone. For example, place a bunch of objects within the circle but the blindfolded people must walk around all of them and only grab the blue foam balls as the "treasures."
- The blindfolded participant in the mind field is guided by the rest of the meat throughout the area without using any speech (e.g., clapping or making animal noises. This means the team will need to work together to agree and remember a code (e.g., 1 clap=forward, 2 claps=turn 90 degrees left, etc.)