

THE TEAM BUILDING *Activity Book*



30 EASY-TO-TEACH
TEAM BUILDING ACTIVITIES



Venture Team Building

The Team Building Activity Book

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Challenge Learning Outcome Matrix

Challenge Name	Goal setting	Communication	Cooperation	Creative Thinking	Decision Making	Leadership	Problem Solving	Resilience/ Failure	Time management	Trust
All Adrift		✓			✓		✓		✓	
Cane Tower		✓	✓	✓		✓	✓		✓	
Electric Fence		✓	✓			✓	✓			✓
Hover Ball	✓	✓	✓			✓	✓			
Lava Flow		✓	✓			✓	✓			
Leaky Pipe		✓	✓			✓	✓			
Marble Motion	✓		✓	✓					✓	
Marble Tube		✓	✓			✓	✓	✓		
Minefield		✓			✓		✓	✓		
Missile Launch	✓		✓	✓		✓	✓		✓	
Radio Play		✓	✓	✓					✓	
Scrapheap Challenge			✓	✓			✓		✓	
Scrap Tower	✓		✓	✓			✓		✓	
Spider's Web		✓	✓		✓	✓	✓			✓
Traffic Jam		✓	✓		✓		✓	✓		
Blindfold Retriever		✓	✓	✓		✓				✓
Blind Shapes		✓	✓				✓			✓
Blindfold Maze		✓			✓	✓				✓
Night Trail		✓	✓			✓				✓
Sheep and Shepherd		✓				✓	✓	✓		✓
Trust Walk		✓		✓		✓				✓
All Aboard	✓	✓	✓			✓	✓			
Bungee Exercises	✓	✓	✓			✓				
Hole Tarp		✓	✓				✓			
Human Knot			✓			✓	✓	✓	✓	
Magic Cane	✓	✓	✓			✓	✓	✓		
Photo Finish		✓	✓			✓		✓	✓	

CANE TOWER

ACTIVITY NOTES

Overview

The team is lost in a bamboo forest, and the only chance of survival is to catch the attention of the people in the local village. To get their attention, the teams must build two freestanding structures, each 6m high.

Resources:

- 40 x canes (exactly)
- 10 x spare canes (do not give out with the task)
- 4 x large balls of string
- Pens and paper

Space Required: Medium. Indoors or Outdoors.

Group Size: 8 to 15 ideally.

Total Time: 55 minutes

- 5 minutes to brief and setup
- 45 minutes to complete challenge
- 5 minutes to review and debrief

Running the Activity

- Introduce the challenge: Your team is lost in a bamboo forest, and the only real hope is to catch the attention of people in the nearest village before nightfall. To be seen from the village, articles of clothing must be hoisted exactly 6 metres on two separate structures. Night is falling, there is limited time.
- Introduce the rules of the challenge and key safety points.
- Provide teams with equipment for the challenge and then let them begin.

Rules

- Teams have just 45 minutes to build the two structures.
- They can only use the equipment provided.
- The structure/s must be freestanding (it cannot be stuck into the ground, held up by hand or tied to something else).
- Canes cannot be snapped.
- String cannot be cut.
- The structures must be exactly 6 metres high.

Safety

- Warn participants against throwing and swinging canes.
- Make them aware of the danger from the cane ends, especially to eyes.

Suggested Learning Outcomes

- Communication
- Cooperation
- Creative thinking
- Leadership
- Problem solving
- Time management

Activity Guidance and Notes

There is no right or wrong way to construct the tower, though it is best to include a firm base such as a tripod.

To measure the height of their towers, the team can find out if anyone in the team knows their height and use the string to measure them then transfer the measurement to the cane tower when laid down on the floor.

Review

Suggested questions to ask:

Did you come up with a plan before building your structures? How did you do this?

Was everyone involved in the planning and decision making?

Did you have a leader for this challenge? What are the key qualities of a leader?

How did you organise your group? Did you delegate responsibilities?

What did you find frustrating about the challenge?

Was there a time when things didn't go according to plan? How did you overcome this?

How did you manage your time effectively?

How did you ensure the structures measured the height requirement?

CANE TOWER

CHALLENGER BRIEF

SCENARIO

Your team is lost in a bamboo forest. The only real hope you have is to catch the attention of people in the nearest village before nightfall.

To be seen from the village, articles of clothing must be hoisted exactly 6m on two separate structures.

Night is falling, there is limited time...Do you have something bright to be seen more easily?

RULES

- You have just 45 minutes to build your towers.
- You can only use the equipment provided (40 canes and 4 balls of string).
- The structure/s must be freestanding (they cannot be stuck into the ground, held up by hand or tied to something else).
- Canes cannot be snapped.
- String cannot be cut.
- The structure must be exactly 6 metres high.

SAFETY

- Do not throw or swing the canes.
- Please be aware of the danger from the cane ends, especially to eyes.

HOVER BALL

ACTIVITY NOTES

Overview

The team has to transport a radioactive bomb through a series of obstacles and place it in a 'safe' zone. Teamwork, communication and strong leadership are essential for this challenge.

Resources:

- 1 x marker cones
- 1 x small football
- 12 x tracer ropes (string can be used) to attach to the cone
- 8 x blindfolds

Space Required: Large. Indoors or outdoors.

Group Size: 8 to 15 ideally. For larger groups, you might want to consider another Hover Ball.

Total Time: 50 minutes

- 10 minutes to brief and setup
- 30 minutes to achieve outcome
- 10 minutes to review and debrief

Running the Activity

- Before the activity, set up the hover ball course and remove any safety hazards from the area. Ensure that the hover ball has enough rope strands for one per person (for larger groups allow them to share).
- Introduce the challenge to the group: The team is in a simulation in which they have to transport a radioactive bomb through a range of obstacles to a safe zone. The bomb can only be handled with the cradle provided.
- Give the group enough time to discuss the challenge and allocate roles.
- When they are ready, place the ball (bomb) on the cradle and begin the challenge.

Rules

- Only use the equipment provided.
- No one can touch the 'bomb'.
- All team members must pass through each obstacle.
- If the bomb is dropped, the team must restart the challenge.
- The ropes on the cradle must be held at the ends, and cannot be shortened.

Safety

- Beware of the obstacles especially if blindfolded.

- If indoors (wet weather), you will need to improvise a course with chairs, desks and corridors as available

Suggested Learning Outcomes

- Communication
- Cooperation
- Goal setting
- Leadership
- Planning
- Problem Solving

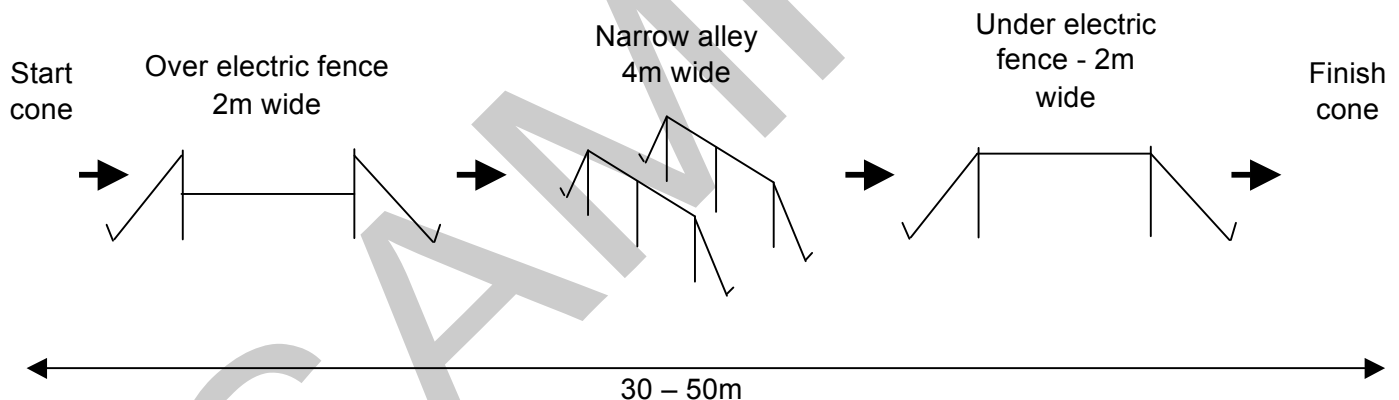
Activity Guidance and Notes

In principle it is easy. The team must get from the start point to the finish point without dropping the ball. Along the way they must navigate their way through a series of obstacles and challenges. If limited with equipment, then use tables and chairs as obstacles instead.

Resources for outdoor course:

- 10 x temporary fencing stakes
- 2 x 7m ropes (to build narrow alley to walk down)
- 2 x 4m ropes (to build under and over obstacles)

See illustration below:



To make the activity more difficult, try the following:

- Blindfolding members of the team.
- Adding a time limit for completion before the bomb explodes.
- Limiting the number of team members that can speak.

Creating a Hover Ball

- The marker cone you have will act as a cradle and hold the ball whilst the team transports it to the safe zone. To transport the ball, each member of the team will be holding a rope strand attached to the cradle and will work with the rest of the group to navigate the ball in the right direction.
- For a group of twelve, you will require twelve ropes to be attached to the cradle. To do this, simply create twelve holes evenly spread around the marker by using either

scissors or a drill. Next, attach twelve lengths of thin tracer rope (various lengths) to the cradle by sliding the rope through the hole created and tying a simple knot on the inside of the cone. This will stop the rope from passing back through the hole (you can also use string instead of tracer rope).

Review

Suggested questions to ask:

What problems did you encounter during the challenge?

How did you solve these problems?

Did you define a plan at the start of the activity? Did you need to adapt this at any point?

How important was communication during the exercise?

How would you rate your communication as a team?

Is there anything you would do differently next time?

How did you support others in the group?

Why was leadership important during the challenge?

Do you feel you worked well as a team?

SAMPLE

HOVER BALL

CHALLENGER BRIEF

SCENARIO

Your team is in a simulation in which you are required to transport a radioactive bomb through a series of obstacles from the start point to the safe zone, using only the cradle provided.

RULES

- The bomb can only be handled with the cradle provided.
- No one can touch the 'bomb'.
- All team members must pass through each obstacle.
- If the bomb is dropped your team must restart the challenge.
- The ropes on the cradle must be held at the ends, and cannot be shortened.

SAFETY

- Beware of obstacles especially if blindfolded

MARBLE TUBE

ACTIVITY NOTES

Overview

Participants have to work together to get the marble(s) from the start to the finish line without touching the floor or exposing them to daylight using the piping provided.

The activity can be set up with or without a course consisting of obstacles.

Resources: 14 x 40cm lengths of tubing, 10 x large marbles (in a bag)

For course (optional): 6 x temporary fencing stakes, 6 x 4m lengths of rope, 12 x wooden pegs, 4 x traffic cones

Space Required: Medium. Indoors or Outdoors.

Group Size: 8-15 people depending on the size of the area used.

Total Time: 35 minutes

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

Running the Activity

- Introduce the activity to the group: Your team is on an archaeological expedition. You have been tasked with recovering precious marbles from an ancient burial chamber to a protected area. Using the tubing provided, you are required to transport these marbles from the start point through to the end of the course.
- Allow some time for the group to discuss a plan for the activity. Once they are ready, provide the equipment and let them start the challenge.

Rules

- Marbles should not be exposed to daylight and cannot be touched for fear of damage and contamination
- Teams can only use the equipment provided
- Only the leader can touch the marbles
- Marbles cannot be thrown
- Marbles cannot touch the floor
- Team members cannot move their feet if holding a marble in their tube
- If a marble is dropped or touched, the team must start over again

Suggested Learning Outcomes

- Communication
- Cooperation
- Leadership

- Problem solving
- Resilience and mental toughness

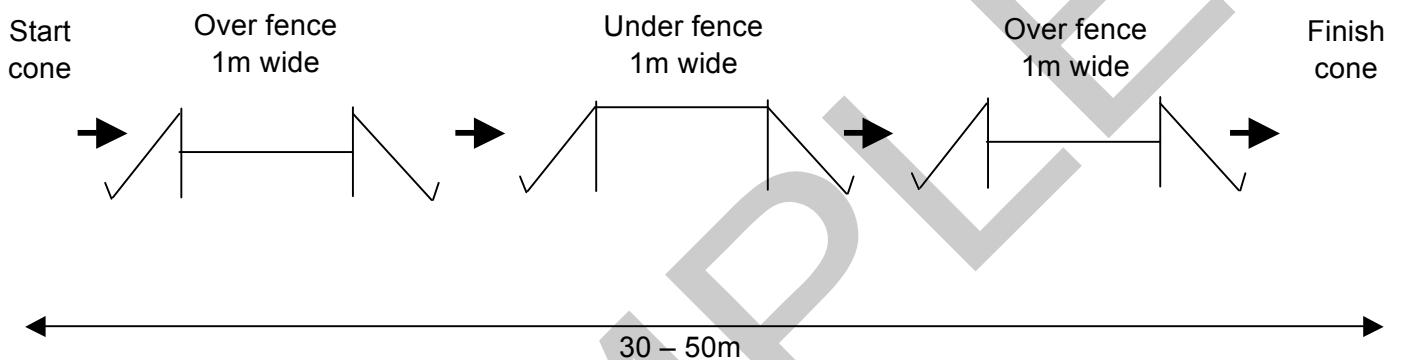
Activity Guidance and Notes

Setup Notes:

The traffic cones are placed 20m apart to mark the start and finish of the task.

Course Setup (Optional)

Three 'hurdles' are set up using rope and stakes, the middle hurdle is an equal distance between the start and finish, and the others three metres either side of middle hurdle.



Challenge Variations:

- Blindfold half the team
- Pass the marbles up an incline (stairs if inside)
- Only hold the tube in the middle
- Each team member can only use one hand (hardest variation)
- How many marbles can the team move in a given amount of time?

Review

Suggested questions to ask:

How important was it to plan your strategy?

How did you come up with different ideas? Did everyone have an input?

Did you nominate a leader before the challenge? If yes, why was this important?

How well did you communicate as a team? Is there anything you could improve on?

How did you feel when your team dropped the marble?

What did you do when you initially failed the challenge? How did you overcome these failures? Did you review your strategy and adapt your plan?

Why is failure sometimes important? What does it teach us?

MARBLE TUBE

CHALLENGER BRIEF

SCENARIO

Your team is on an archaeological expedition, tasked with removing precious marbles from an ancient burial chamber to a protected area.

The marbles should not be exposed to daylight and cannot be touched for fear of danger and contamination.

RULES

- Only use the equipment provided.
- Only the team leader can touch the marbles.
- Marbles cannot be thrown.
- Marbles cannot touch the floor.
- Each team member has one tube, which cannot be handled by anyone else.
- Team members cannot move their feet whilst the marble is in their tube.
- If a marble is dropped or touched, the team must start again.

SAFETY

- The marbles are not to be thrown.
- Take care when passing over obstacles.