

Back Writing: Teams of 5-10 individuals are lined up single file, front to back, in rows. Symbolic messages are drawn on the back of the person in front and passed down the line "silently." No verbal communication of the message is allowed. The last person in the line writes out the message they received. An effective initial activity that illustrates communication.

Beaver Trap: Participants are placed into groups of 2 – 6 people. Each group is given 15 Mouse Traps and shown a picture. Groups are challenged to replicate the picture in the fastest time possible.

Catapult Challenge: A fun group challenge that draws on the individual skills of each member of the team. Each team collects their materials through a draft process and collaborate on an effective design they plan to construct. Each team must construct their catapult within a specified time frame. Test launches are staged with final modifications allowed. Each team then launches tennis balls, grapefruit or watermelon to determine a team victor for distance, accuracy and design.

Finding Balance: Balance 14 nails on the head of one nail, which is placed upright in a block of wood.

Gotchya: Participants stand in a circle, arms out to the side. Left hand palm up, right index finger pointing down and touching your neighbor's outstretched palm. "When I say the word Gotchya, do two things.... grab the finger in your left hand, and prevent your right finger from being grabbed".



Culinary Challenge: This activity is one that effectively incorporates a diverse field of interpersonal issues creative problem solving, innovation, time management, planning, teamwork and FUN!! It also lends itself to many relevant group takeaways and clearly illustrates useful metaphors for challenges the group faces in their workplace environment. The group is divided into working teams, presented with similar ingredients, tools, and equipment then challenged with creating their own unique product. Judging criteria for each team's final product can be established on a variety of outcomes; timeliness, creativity and innovation, visual presentation, equitable team member participation, etc. Our chef offers his assistance as a co-facilitator and also as a resource for any team.

Have You Ever: Individuals are set up in a circle around a piece of paper. The person in the center starts that game by asking "Have you ever...?" Anyone who has ever done the named task is required to move to a new location. Much like musical chairs, there is a scramble for available locations. The person left without a spot on the circle goes to the center and proposes the next question.

Hoopdom: Participants are split into groups of 3 – 6 people. Each group will be given six hoops and 30 feet of rope. They will have five minutes to plan this activity. After the five minutes they must build a geodesic structure that is shown to all groups, and then weave the rope through all 20 openings within this geodesic structure. Participants may not come into physical contact with the structure, only the rope may come into contact with the structure. The first group to build the geodesic structure, run the rope through all 20 openings and raise their flag for the judges' inspection will be declared the victor.

Lean on Me: Each participant is given three knives and three marshmallows. They are shown a picture and asked to recreate the picture. In the second sequence participants are asked to partner with someone and then shown another picture using six knives and six marshmallows and asked to recreate a second photo. The third sequence participants are asked to create teams of four individuals; they are then shown a third picture and asked to recreate the photo using 12 knives and 12 marshmallows. Groups that are physically capable are asked to create the photos using their bodies, using their arms as marshmallows and their feet as knives.

Noodle Press: Participants are divided up into groups of two and four; they are given a large number of 1 inch cut foam noodle pieces. They are then challenged to compile the noodles into a large "press". The group with the largest "press" of noodle pieces will be the winner. The guideline is that every time a noodle piece is added the individual adding the noodle piece must reveal a fact about themselves or ask a question of the group.

Shut Your Trap: Using mousetraps and teamwork the group is guided through three sequences of loading and unloading the traps. This activity is a powerful tool, requiring trust and communication, used to grow leadership and open communication within your team.



Sky Hook Commander: Groups are challenged to transfer items and drop them into a target zone using a system of ropes and pulleys. Participants must work in unison to accomplish this task.

Traffic Jam: Individuals exchange places on a line of squares that has one more place than the number of people. All the individuals to the left of the Center must end up on the right and vice versa.

Trafficking Traps: Replicating a factory process the participants are challenged to load mousetraps, transfer the loaded traps to the assembly area where they must create mousetrap structures. Followed by routing these set trap structures to loading and shipping where the set trap structures wait for inspection. Trafficking Traps is an excellent activity that touches on many aspects of the workplace and leads to discussions from process improvement, to cross training, to high stress and how to deal with these situations.

Trap Floats: Participants are asked to join with two or three other people. Individuals then take turns loading Mouse Traps and placing them upside down on the table attempting to stack as many traps as possible on top of each other.

Trap Towers: Participants are challenged to stack pairs of loaded Mouse Traps on the edge with the metal spring facing towards the inside. Each new level is stacked on top of and perpendicular to the pair below.

Tying the Knot: Participants are challenged to stack pairs of loaded Mouse Traps on the edge with the metal spring facing towards the inside. Each new level is stacked on top of and perpendicular to the pair below.

Unified Vision: Participants are asked to take out paper and pencil and to write the correct word or phrase from the list read. After all the phrases are read the answers are used to illustrate the importance of each member having a clear vision of what they are working towards or a unified vision.

Work of Art: The group is challenged with attempting to communicate a collection of objects (A Work of Art) as accurately as possible. The process involves smaller groups of approximately 5-10 participants that arrange themselves in a specific order. The first person in the group(s) is shown the Work of Art. The image must then be passed along (communicated) to each member of the group. Only verbal communication is allowed. The last person in the group is then presented with similar objects found in the original Work of Art and attempts to successfully recreate it in every detail. This activity is great opener because it often leads to a meaningful discussion pertaining to communication; the cornerstone for all Group Unity and Teambuilding.