



Setup



Team Building

Moon Ball

Group size: 2+

Objective: For the group to keep the ball off the ground for as many hits before a foul occurs.

Gear needed: One rather large beach ball / gym ball

How its done:

Basically, get the team together and inform them of the rules below. Once they are familiar with the rules, give them a dummy run and then get into it!

Rules:

You must stop counting when a foul occurs.

- A foul is when:
- The same person hits the ball twice in succession (like volleyball)
 - The ball makes contact with the ground.
 - You can have as many attempts as the team wants.
 - You can rebound off walls, trees, fences, cars, roofs, etc. so long as the ball does not leave the ground.

Note: as this is a goal setting activity get the team to set a goal of how many hits they think they can achieve without fouling.

Debrief ideas:

Did the group set their goals low? Why?





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Team Building

Toxic Waste

Group size: 4+

Objective: To retrieve the life saving serum from the centre of the toxic waste puddle.

Gear needed: Large rope or cones to mark out boundary. Four ropes and a container half full of water (serum). Container should be open topped to make it interesting.

How its done:

Set up an area as shown below and then explain to the team what the objective is. Then explain the rules as set out below.

Rules:

- No one can walk in the toxic puddle.
- They can only use the gear provided (thats the 4 ropes)
- If they spill the serum they can start again (don't tell them this until it happens)

Note: To make it a little more fun and a bit of a laugh, make up a senario/story; it could go something like this. ***"A mad scientist, the toxic avenger, has created a deadly virus that is about to be unleashed upon the world. Luckily the UN scientist have discovered a life saving serum and were about to distribute the first batch of the serum when the toxic avenger broke into their lab, destroyed all the data and research and stole the first and only batch of serum. Being a mad scientist the toxic avenger, rather than destroy the serum, placed the serum in the middle of a toxic puddle. You and your great CIA team have located the serum and now must try and retrieve it without spilling a drop! Good Luck, the fate of the world is in your hands."***





Setup



Team Building

The Magic Hat

Objective:

You and your team must go on a hike through an enchanted forest and you have come to a mysterious river that you must cross. Youve noticed that the river seems to be filled with a type of acid that will completely consume you if any part of your body touches the river. Fortunately before you entered into this forest you were given a hat that you were told has magical powers. That had can protect the wearer from the hazards of the river. However, as with everything there is a catch. You can only wear the hatfor one trip across the river. After that, it will no longer work for that wearer. Also the hat cannot be thrown back across the river, as losing contact with the hat will make it lose its powers. You must get all your team members onto the otherside of the river. It can be done so good luck.

Rules:

- Individuals can wear the hat once, one way, across the river.
- Hat cannot be thrown back across the otherside.
- People can be carried.
- Only the person wearing the hat is protected from the river, anyone being carried must not let any part of his or her body touch the river.
- Anyone who touches the river must go back to the start.

Solutuion:

The solution is simple. You will have to carry more than one person across at a time. So start flexing your muscles. (Dont tell the group the solution unless they are running out of time.





Setup

Team Bulding

Icebergs

Objective:

To get the whole group over the “water” without loosing too many icebergs.

Gear Needed:

As many blocks of wood as members in your group

How it’s done:

Get the group to take a block of wood each and tell them it now becomes their own personal iceberg. The group must not loose contact with any of the blocks, doing so will mean the block in question will be confiscated. They must devise a method of getting the team across trying not to loose any blocks.

Rules:

- If you touch the ground with any part of your body you loose one ice berg
- If any of your team breaks physical contact with an iceberg it will be taken off the team.
- You can practice as much as you like, behind the start line. But once over the line you have begun
- Only one person needs to be in physical contact with a block.

Variation:

The team could opt to go back and start again rather than loose an iceberg.

