

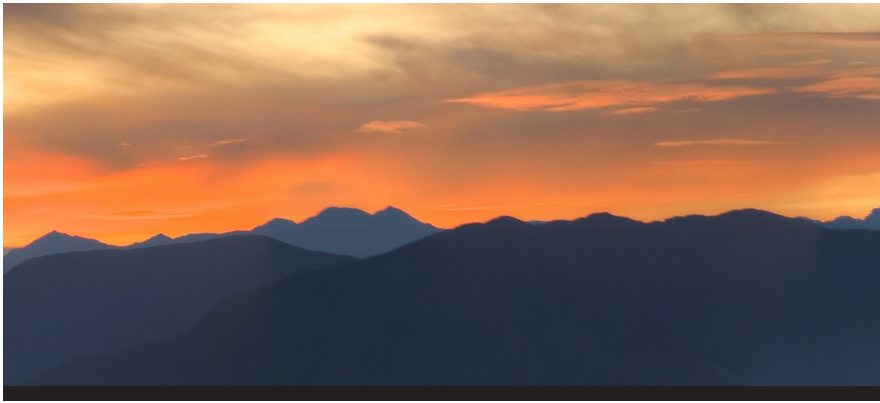


TEAM-BUILDING ACTIVITIES FOR STUDENTS

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Team-Building Activities for Students is designed to help students step outside of their comfort zones, boost their morale, and improve their communication, leadership and teamwork skills. This resource contains 5 activities designed for 3-7 participants. Each activity requires a 20ft (6m) rope. *Team-Building Activities for Students* is appropriate for children and adults that are comfortable with medium/heavy physical activity. Each activity presents the team with a goal that can only be accomplished by all team members working together. (It is very important that the team read through the entire activity before it begins.)



PROCESSING

In order to get the most out of the *Team-Building Activities for Students* resource, it is very important to take time to process the team's experiences after completing each exercise. The following questions can help your team analyze, communicate and reflect on your experience:

AWARENESS

- What role(s) did each team member take during the activity?
- What did you feel during the activity?
- Were decisions made by one or several individuals?

RESPONSIBILITY

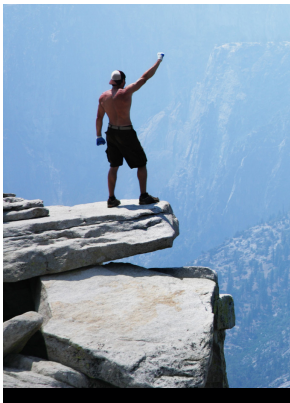
- How would you describe your behavior during the activity?
- Did any of your strengths come out during the activity?
- What were some effective forms of communication that you used to complete the task?

EXPERIMENTATION

- What level of risk did you take to complete the task?
- If you did the activity over again, what risks would you like to take?
- How would you change the activity to accommodate a larger group?
- How might your team improve its communication?

GENERALIZATION

- How can you apply your experience in the activity to improve your teamwork?
- What new goals do you have for your team?
- What process does your team use to make decisions?

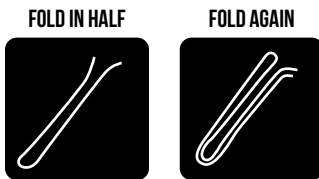


LOOSEN UP

TEAM GOAL:
Move a circle from one end of the line to the other



- 1.** Fold the rope in half.
Fold the rope in half a second time.



- 2.** Tie a knot on the side that has two loose ends and one looped end. This will make two circles that are connected by a knot.



- 3.** All team members must stand in a line and hold hands. The first person in line begins with the circled rope on his or her wrist.

- For the entire activity, all team members must hold hands without breaking grip.



- 4.** The first person in the line must maneuver his or her body through the rope. Fingers may not be used during this activity.



- 5.** Once the first person is through, the next person in line must do the same, until the rope is on the wrist of the last person in line.



EXTRA CHALLENGE

Keep the rope in a figure eight shape. The first person in the team-member line will place one of the rope's open circles on his or her free wrist. The last person in line will place the other open circle on his or her free wrist. The team must maneuver until the circles have moved in opposite directions and reached opposite ends of the line. (At the end of the process, the circle that started on the wrist of the first person will be on the wrist of the last person, and vice versa.)



BALANCE

TEAM GOAL:
Stand inside of a
shrinking circle

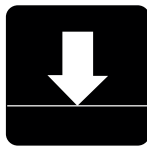


- 1.** Make a circle by tying one end of the rope to the other end.
Place it on the floor.

TIE ENDS TOGETHER

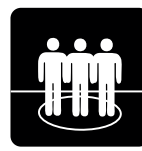


ON FLOOR



- 4.** The entire team must stand and balance in the smaller circle for another ten seconds.

TEAM IN 1/2 CIRCLE



TEN SECONDS



- 2.** The entire team must stand or balance in the circle at the same time for ten seconds.
- No part of any team member's body may touch anything outside of the circle.

TEAM IN CIRCLE

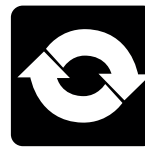


TEN SECONDS



- 5.** The team must complete the folding and balancing process one more time (for a total of 3 times).

REPEAT



- 3.** Once this has been accomplished, the team must fold the circle in on itself so that it is half the size.

HALF SIZE



EXTRA CHALLENGE

Team members may not use their hands to hold on to each other.



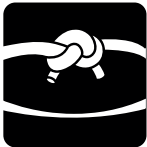
REACH

TEAM GOAL:
Move a circle from the team members' ankles to their wrists

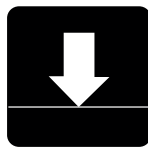


- 1.** Make a circle by tying one end of the rope to the other end. Place it on the floor.

TIE ENDS TOGETHER



ON FLOOR



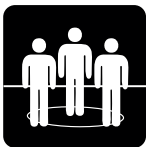
- 2.** All team members must stand inside the circle with their hands in the air.

HANDS IN AIR



- 3.** The team should stand at the edges of the circle so the rope is taut around their ankles.

AROUND ANKLES



- 4.** Team members must maneuver their bodies to move the rope from their ankles to their wrists.

- All team members must keep both hands in the air at all times, and may not touch the rope with their hands.
- Team members may not take their feet off the floor.

AROUND WRISTS



DON'T TOUCH ROPE



FEET ON FLOOR



EXTRA CHALLENGE

Only one team member may move at a time.



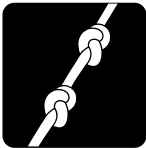
UNTANGLE

TEAM GOAL:
Untie a knot without letting go



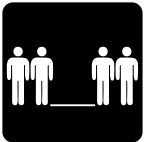
- 1.** Tie two knots near the middle of the rope.

TWO KNOTS



- 2.** Divide into two groups, and have the groups line up at opposite ends of the rope.

TWO GROUPS



- 3.** Each team member must hold onto the rope with his or her dominant hand.

- No team member may remove this hand during the activity.

HOLD ROPE



- 4.** Team members must attempt to untie the knots.

- Team members may use their free hands in this step.

UNTIE KNOT



EXTRA CHALLENGE

Tie four (or more) knots in the rope.



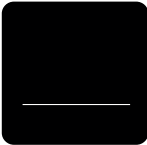
TRAVERSE

TEAM GOAL:
Travel past the obstacles to
the end of the rope



- 1.** Place the rope on the floor in a straight line. Designate one team member as the Traveler. The rest of the team will be Obstacles.

STRAIGHT LINE



ONE TRAVELER



- 5.** If a body part of either the Traveler or an Obstacle touches the ground (away from the rope) then the Traveler must return to the beginning of the rope and try again.

DON'T TOUCH GROUND

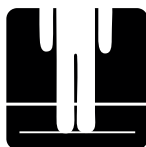


- 3.** Obstacles must stand at equally spaced intervals on the rope. They must leave 1ft of rope at each end, and may not move their feet off the rope.

EQUALLY SPACED



STAND ON ROPE



- 6.** When the Traveler has reached the end of the rope, he or she will take a place as an Obstacle, and one of the Obstacles will take a turn as the Traveler.

TRAVELER SWITCH



- 4.** The Traveler must walk from one end of the rope to the other. Everyone must use teamwork to help the Traveler pass each Obstacle safely.

TO OTHER END



HELP TEAMMATES



EXTRA CHALLENGE

Obstacles must stand in pairs with their arms linked.