

# Bullring Kit Activity Guide

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**Potential Themes:** positive communication, collaboration, working in other people's space, respect, focus, working with others, dealing with frustration, give and take.

**Group Size:** 6- 12

**Supplies Needed:**

- 2" ring with 12 coloured strings attached (Bullring)
- 1 Tennis Ball
- 2 Bases

**Set-up:**

Place the bases about 20 paces, or more, apart from each other. Then place the bullring over one of the bases and spread out the strings so they are straight and not tangled. Balance the tennis ball on top of the base. Invite your participants to stand around the bullring.

**The Challenge:**

Have the participants balance the tennis ball on the bullring, transport and land it successfully on the other base. This needs to be done by touching only the strings and without dropping the ball.

**Activity Instructions:**

The following is a typical presentation or storyline:

The newest Mars probe has returned to Earth with several new rocks from our closest neighbouring planet. The re-entry on Earth however, was a little bumpy and a few of the precious stones end up bouncing around the exposed rock on the Canadian Shield. Your team has been assembled to retrieve these stones, using a new prototype Bull Ring Retrieval system-Mark 1. First you must elevate the stone, and then carry this to the awaiting transportation base. Once there, the rocks will be shipped to the Canadian division of NASA for scientific observation.

General Rules:

- Participants may not touch the ring and should only hold the very ends of each string
- If the ball drops, have teams start over

Other points to consider:

- If you want to add additional challenges, set up other bases or buckets around or on obstacles
- Spread out scrabble/letter tiles around the bases and have each team collect a tile each time they successfully land the ball on a base. After a certain amount of time have them use their letter to spell words relating to a topic of your choosing.
- Challenge the groups to rotate 360 degrees and land the ball back on their base at the same time as each other

**Activity Source:**

*Teamwork & Teamplay* pg. 79

# Raccoon Circles Activity Guide

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## Supplies Needed:

-Tubular Webbing

## Activity Instructions:

*Let's Get Started:* Using the knot in the Raccoon Circle as a pointer, begin this activity by revving up your motors, like a racecar. Then squeal your tires (vocally) as the knot behaves like a racecar going around a racetrack. Participants rapidly pass the webbing to the right. Slam on the brakes with a screech- and ask the person closest to the knot to answer a get acquainted question, such as "how did you get here today?" Then squeal the tires again, and you are off in the opposite direction.

*Electric Fence 2000:* In this version, two participants hold the Raccoon Circle so that it forms a long rectangle on the floor, about 1 foot wide and 5 feet long. Half of the remaining participants are on one long side of the rectangle, the other half are on the other long side. We'll imagine that there are 5 participants on each side. The first person from each side is requested to cross the electric fence without touching it, while the two positioners hold the Raccoon Circle about 1 foot off the floor. The second person from each side still crosses over with the Raccoon Circle about 2 feet off the floor. The final participants, no matter how many are on each side, will cross at a height of no more than 4 feet.

*Balance:* Finding a place where you are at balance with your life, your career, your co-workers, and your family are not easy in modern society. In this Raccoon Circle activity, the goal is to maintain a balance and awareness of the rest of the group in a quiet setting. For a single group, you can facilitate this activity from inside the Raccoon Circle. Begin by having each member of the group take hold of the Raccoon Circle with both hands about shoulder's width apart, and gently pull the circle taught. Encourage them to balance their weight evenly on the right and left foot. Now encourage them to hold on, and lean back slightly, allowing the circle to support them. When the group can hold this balance, allow them to lower themselves to the floor, and then return to a standing position. Try this again with eyes closed, offering commands for the lowering and raising portions of the event. Finally allow them to descend twice with eyes closed, with no verbal commands at all.

*Inside Out:* Begin with the Raccoon Circle on the floor. Have the entire group step inside the circle. The task is now for the entire group to go from the inside to the outside, by going underneath the Raccoon Circle, without anyone using their hands, arms, or shoulders.

## Activity Source:

*Teamwork & Teampplay* pg. 151

# Keypunch Activity Guide

## Potential Themes:

Increased communication, teamwork, information sharing, taking turns, goal setting, shared goals, attention to details, quick thinking, responsibility

## Group Size:

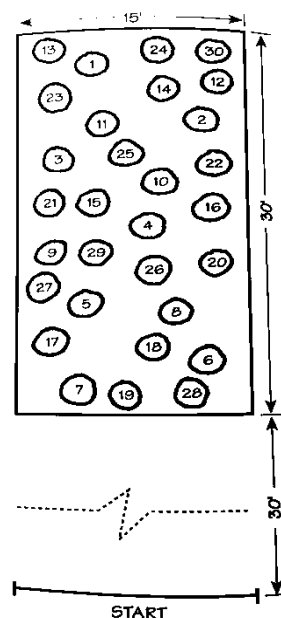
- 5-30. With groups larger than 12, different variations are suggested

## Supplies Needed:

- 30 numbered spots (also can use alphabet spots)
- 1 Boundary rope
- 1 Start line
- Stopwatch

## Set-up:

For this activity you will need a fairly large space. Spread out your boundary rope so it makes a large circle or rectangle. Within the circle or rectangle you will need to spread out all your poly spots with the numbers facing up. If you so desire, you can put the numbers in a sequential zigzag pattern. With all 30 spots, the pattern won't be visibly obvious. About 10 to 20 paces from the circle or rectangle, just out of visual range of the numbers, layout your start line. Make sure that there is a clear area for participants to run from the start line into the keypad.



## The Challenge:

The challenge is for the group to hit the numbers from 1 to 30, in order, and as quickly as possible.

## Activity Instructions:

The following is a typical story presentation:

Aliens are threatening the Earth. Your group has been hired to activate the anti-alien force field by punching the secret code into the computer. The code is 1, 2, 3,4...27,28,29,30. Time starts when the first person enters the control room and ends when the last person leaves the control room. The computer is very sensitive, only one person can be in contact with the keypad at a time/inside the boundary rope or the computer registers a 10-second delay. Each person in the group must touch one number or the computer registers a 10-second delay. Finally, the computer registers a 10 second delay for each mistake made punching in the code.

Other points to consider:

After the participants have had an attempt ask them to refine their performance by setting two goals: What is the least amount of time they need to complete the activity? How many attempts do they want to achieve their time goal?

## Variations:

Everybody In Keypunch: Each member of the group will start in the boundary area on their own individual number. The challenge is for each person to hit all 30 numbers, in their individual sequential order, as accurately and quickly as possible without touching other group members. All group members are in the playing area at the same time. For example: the person starting on 15 would need to touch 16, 17 18...30, 1, 2...13, 14. The time ends when everyone is past the start/finish line. For each number touched out of sequence or human contact, there is a 10 second penalty.

**Activity Source:** *Quicksilver* by Karl Rohnke and Steve Butler pg. 167

# Keypad Too Activity Guide

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**Potential Themes:**

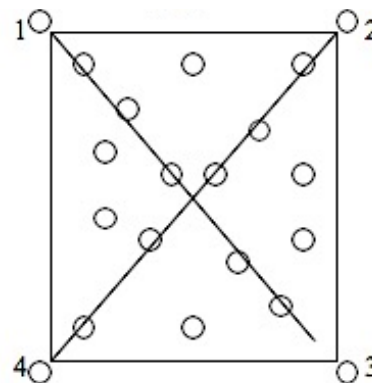
Increased communication, teamwork, information sharing, helping others, taking turns, shared goals, attention to details, quick thinking, responsibility, planning and assumptions of competition.

**Group Size:**

- 10-30

**Supplies Needed:**

- 30 numbered poly spots
- 1 Boundary rope



**Set-up:**

For this activity you will need a fairly large space. Spread out your boundary rope so it makes a large rectangle. Keep out number spots 1-4 and spread out the remaining spots within the rectangle. When spreading out the spots within the rectangle place them number side down and make sure there is a path of about 5 spots running diagonally from corner to corner. Place each of the number 1-4 spots, number side up, at each corner making sure number 1 spot is diagonally across from number 3 and 2 diagonal to 4.

Using your preferred method of dividing people into groups, you will need 4, relatively even, groups. Once you have done this, have each group adopt one of the numbers (1-4). Each group will now stand behind their number. There should only be 1 group at each number.

**The Challenge:**

The challenge is for the entire group to diagonally cross the rectangle successfully without losing any poly spots.

**Activity Instructions:**

Once each team is standing behind their designated number spot outside the rectangle, inform them that all of the resources that they need are on the inside of the rectangle. They will need to use the resources to traverse as diagonally as possible across the rectangle to their exit point. (The group standing behind spot number 1 will need to exit at 3, 3 exits at 1, 2 exits at 4, and 4 exits at 2.) The following are common rules:

1. Spots may not be moved at any time
2. A group enters and exits the rectangle by stepping on their designated numbered spot
3. The spots need to be used for crossing and a person must be in contact with a spot at all times while in the rectangle
4. If a person makes contact with the floor, they must return to their beginning spot and start over
5. All spots are "inactive" until contact is made. All "activated" spots will be removed if they lack human contact.
6. Loss of too many spots will cause a temporary "shut down" and result in the group "re-starting."
7. All participants must be in the rectangle before anyone exits.

**Activity Source:**

*Executive Marbles* pg. 128