

Expandable Cube Activity Guide

Equipment:

-24 PVC sections @ 20"
-8 elbow joiners
-12 straight joiners

-8 tee joiners
-12 3-way joiners
-8 PVC sections @ 4"

Setup:

Use the (8) 4" PVC sections and (4) 3-way joiners to build the stand. Use the remaining pieces to build the main cube. Balance the cube on the stand.

The Challenge:

The challenge is for each member of the team to pass through the cube, with the help of other team members, without tipping the cube over.

Activity Instructions:

All participants passing through the cube should be in contact with at least one other person at all times (this discourages acrobatic leaps through the cube, and encourages better spotting, and more contact between participants). Each person should identify one side of the cube to enter, and a different face to exit. After successfully completing this path, this path becomes closed, and other participants will need to identify other faces to enter and leave the cube.

With 6 faces, and five possible exits for each entry location, a total of 30 different paths are possible.

Variations:

All Inboard: Using The Cube without the customized stand (i.e. sitting flat on the floor), The Cube becomes a modern day version of the 1950's challenge of stuffing phone booths (or Volkswagens). The object here is to fit the maximum number of team members within the perimeter of the cube (imagine a large cardboard box). This activity requires a real commitment from the team, and the careful placement of team members so that everyone can fit into the space available.

Helium Stick: Assemble several of the straight tubes to form a 10 - 15 foot (3 - 4 meter) long pole. Participants are placed face-to-face, with approximately 5 - 8 participants (rather like an old fashioned Virginia Reel square dance line). Next, everyone holds up both hands, and allows the pole to rest on their index fingers. Now the objective is for the entire group to lower the pole to the ground, without any team member losing contact with the pole. What typically happens is that many teams actually end up raising the pole, rather than lowering it, and this unusual behavior leads to some interesting debriefing when groups discuss their "mission" and how they might actually act in a manner opposite to their goals.

All Aboard: The next activity uses just one face of The Cube for a PVC version of All Aboard. The goal is for the entire team to stand within the perimeter of the PVC frame, long enough to sing one verse of "Row, row, row your Boat." You can assemble a shape that is approximately 22 inches square, or a 22 x 44 inch rectangle, or a 44 inch square, or even a 66 inch square (for those really large teams).

Waterfall: The group must pass a cup of water balancing on a bandana pulled tight through the cube.

Cubicles: The group must build a cube in the fastest time possible. Each person must be holding at least one piece of the cube. The cube must be floating in the air. The group holds the pieces in place (no connectors are used). It can be a half or full sized cube, depending on the group.

Blindfolded: Have the group assemble the cube blindfolded.

Activity Source:

Additional activities can be found in the book *Teamwork & Teamplay* by Jim Cain and Barry Jolliff, 1998

Lycra Tube Activity Guide

The Challenge:

There are a variety of movements that combine teamwork, support, balance and timing, using this unique piece of challenge equipment. You can also use this prop for directing the focus of the group, and during processing and debriefing sessions.

Important Points

You'll want a large flat grassy area for using the Lycra Tube.

Always keep the Lycra Tube above the shoulders and below the hips of all participants. Sometimes tubes have a tendency to bunch up, looking more like a rubber rope than a wide rubber band. If this happens, stop the activity and resume again with the Lycra Tube spread fully open.

Lycra Tube activities are best supervised at all times. You shouldn't leave a Lycra Tube lying around for unsupervised play any more than you would a climbing rope or similar piece of challenge equipment. It is a useful tool in the hands of a skilled facilitator, but can be a major risk if left for unsupervised activities.

Activity Variations:

Lean on it: Have participants stand inside the Lycra Tube facing the centre. Slowly back up until the Lycra Tube is completely stretched tight. At this point, participants can lean outward slightly and feel the support of the Lycra Tube.

Sit in it: Beginning with a moderately stretched Lycra Tube, have all participants sit on the Lycra Tube, with their legs extended towards the centre of the circle, and the top of the Lycra Tube above the shoulders of each participant. Each participant should now be able to lean backwards and be fully supported by the tube. This is a great position for processing. You can even create a "wave" motion by having a single participant lean backwards and then forward, followed by the person to their right, passing a wave around the circle.

Round up Circle: With the Lycra Tube well stretched around the group, have participants hold the top of the tube, and pull the lycra to the top of their shoulders. From this position, the group can now skip sideways to the left and the right. This is a useful activity for teaching observation and empathy for other participants. By watching others in the group, the speed of the movement can be tailored to the abilities of the group. Encourage participants to move only as quickly as other members of the group are comfortable with.

Around the World OR Rock and Roll: With the group standing inside a very limp Lycra Tube, have a single participant back up, stretching the Lycra Tube in the process. This participant will now roll to the right completely around the inside perimeter of the Lycra Tube, until they reach their original starting position. The next person to the right then begins their journey. Encourage participants to stand near the centre of the tube, so that they do not contact the person rolling around the perimeter. This activity has been known to make some participants dizzy. Proceed with caution, and encourage participants to stay in control during their journey around the tube.

The Giant Roll: This activity is the same as Around the World, except that all participants roll at the same time and in the same direction. Encourage participants to keep adequate space between each other to minimize contact during this activity.

Popcorn: Here is an activity for small children. With three or four adults acting as fence posts, the Lycra Tube is fully stretched. Children now inside the Lycra Tube are said to be kernels or popcorn inside a frying pan. As the temperature warms up, the kernels begin to pop, and the popcorn bounces around the inside of the Lycra Tube. Explain to participants that they should bounce off the Lycra Tube, not other children!



4x4 Cross Over: No question about it, this is the “the activity” to do in a Lycra Tube. It is also the most energetic activity, and one that requires some appropriate safety considerations.

Begin with four participants of nearly the same weight in the Lycra Tube, equally spaced around the perimeter. Assign two opposite participants to be partners for Group A, and the other two opposite participants to be partners for Group B.

Safety tip: Proceed through these next few steps at a walking pace, before attempting these same movements at a faster pace. Also, ask participants to hold up their right hands about shoulder high, during each passing event. This simple reminder really helps participants remember on which side they are to pass their partner. Equal weight participants are encouraged, because this activity has been known to launch some lightweight participants that were unevenly matched.

Begin by asking Group A partners to back up. As they do, they pull the Lycra Tube tighter. The Group B partners now walk forward, almost touching right hands, changing places with their partner, and then backing up. As Group B partners back up, Group A partners come forward, almost touching right hands, changing places with their partners, and begin backing up. Walk this section of the activity at least four times before speeding up the crossovers. This crossover process continues indefinitely. As each group backs up, the Lycra Tube gives a firm push forward to the other group. The harder each group backs up, the stronger the push forward for the other group.

This particular activity requires an awareness of other group members, so that all participants are able to stay in control at all times. It is critical that group partners remember on which side to cross with their partners.

6x6 Cross Over: This activity is similar to the 4x4 Cross Over, except that it requires six participants, working as two groups of three. Every other person around the perimeter of the tube is a member of the same group. Group A members push back against the Lycra Tube as Group B members move to the position of their next group member to the right.

Group B members now push backwards as Group A members move to the position of the next group member to the right. While not as energetic as the 4x4 Cross Over, this activity does require balance, grace and timing. Sometimes encouraging a group to select a song or chant helps to create a tempo or rhythm for the group to follow as each set of crossovers are made.

Process in It: The Lycra Tube can be a great place for processing and debriefing after another challenge activity.

Instant Shade: If it happens to be a sunny day, and there are few trees in sight, the Lycra Tube can be used to provide shade for the group. Just stretch the Lycra Tube into a large circle, and lift the top of the Lycra Tube over the heads of all participants by about 24 inches (61 cm). The stretch within the Lycra Tube will create a canopy that blocks the sun.

Scavenger Hunts: Pile the entire group into a Lycra Tube and send them off on a scavenger hunt. They’ll need to stay inside the Lycra Tube for the whole event. If they stop for a drink of water, they’ll need to work together.

Face It: Have three participants stretch the Lycra Tube into a large triangle. With all remaining participants, except one, facing one of the sides of the triangle. From the center of the Lycra Tube, the remaining “unknown” person then presses only their face against the Lycra Tube, and the members of the group outside the Lycra Tube attempt to recognize this person, only by their facial imprint. When guessed correctly, this participant joins the outside group, now standing with eyes closed, and taps the next person to participate.

Get Some Privacy: Sometimes when you are leading a single group in a large area with many other groups nearby, it can be helpful to use the Lycra Tube to block out some of the surroundings that can distract the group. The Lycra Tube won’t block much sound, but it can be used as a visual barrier, and allow the group to focus on the challenge confronting them, rather than the distractions coming from all directions.

Activity Source:

Teamwork & Teamplay pg. 121

Marble Tubes Activity Guide

Supplies Needed:

- 12, one-foot sections of PVC tubing halved
- Marbles

The Challenge:

The challenge is to relocate a marble from Position A to Position B using only the PVC tubes. Participants that are holding a marble in their segment of PVC tubing are not allowed to move their feet.

Activity Instructions:

Typical Presentation, Storyline or Metaphor:

During the annual spring walk of the local bird watching society, your group notices a bird's egg that has rolled downhill away from a nest on a low branch. Knowing that many animals are wary of human scent, you attempt to relocate this marble-sized bird egg back to the nest, without touching it.

Variations:

For a truly unique experience, try passing a collection of marbles up a flight of stairs, or up the incline of a hill. Allowing participants to hold near the ends of the tubes make this task a little easier. For a more difficult challenge, only allow participants to touch their own marble tube. For an even harder task, participants can touch any tubes they like, but the tubes cannot touch each other.

Attach a variety of coloured tape to the ends of the marble tubes, so that only similar colours can be partners. You can also add some of the various connections found in hardware stores, such as elbows, tees, Y-sections, etc.

Try passing other objects, such as foam balls, which make little or no noise. Passing water is also fun.

One of the hardest variations is to only allow participants to touch their tube with one hand.

Important Points

Choose a reasonable distance to transport the marbles or balls. For a group of 12 participants, 15-20 meters is adequate.

Activity Source:

Teamwork & Teamplay pg. 128

Bullring Kit Activity Guide

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

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 & Teampay 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:

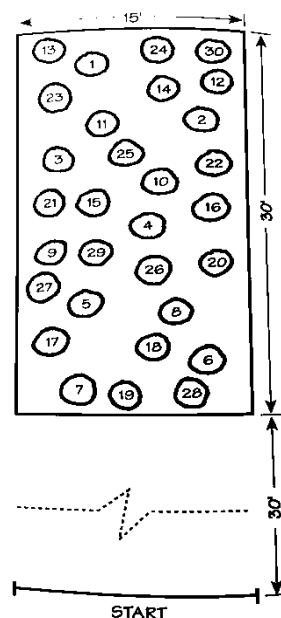
- 5-30. With groups larger than 12, different variations are suggested

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

Potential Themes:

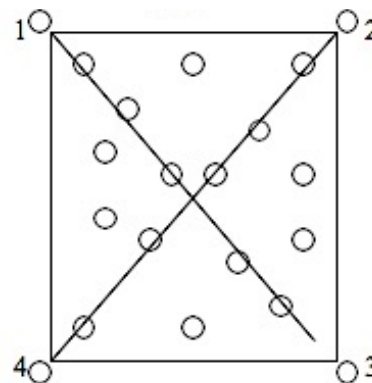
Increased communication, teamwork, information sharing, helping others, taking turns, shared goals, attention to details, quick thinking, responsibility, planning and assumptions of competition.

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

Porcupine Progression Activity Guide

Group Size:

Small Group

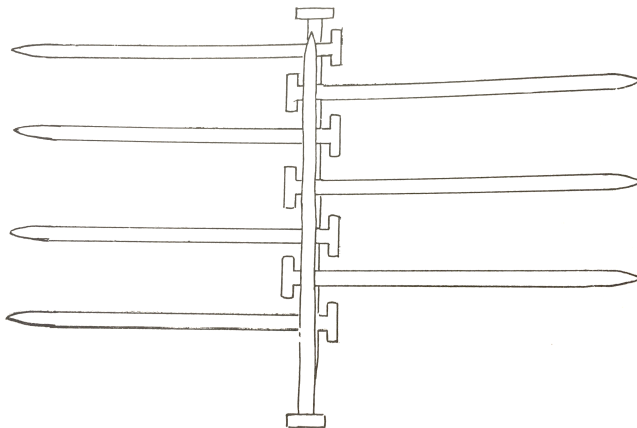
Supplies Needed:

- 12 loose nails
- Small piece of wood, with nail inserted vertically

The Challenge:

Balance the 12 loose nails on the head of the vertical nail.

Activity Solution:



PORCUPINE PROGRESSION

Lay the bottom nail on a flat surface, then alternate the next 10 nails on top of this first nail. Lay the top nail on so that its head is opposite to the bottom nail's head. Grip or pinch this symmetrical nail arrangement at both ends and place it on the head of the vertical nail. This may require some fiddling about, but this low center of gravity arrangement balances surprisingly well.

Activity Source:

the Bottomless Bag by Karl Rohnke pg. 102

Wrist Loops Activity Guide

Group Size:

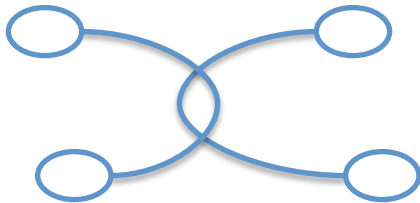
As many people as you have wrist loops.
Each person will need a partner.

Supplies Needed:

-1 Wrist Loop per person

Set-up:

Participants put one hand through each loop of their own rope. Partners' ropes should capture each other.



The Challenge:

While handcuffed to a partner, become disconnected from the other person without removing your hands from your own loops and without untying the knots in the rope loops.

Additional Challenges:

For people that figure out the solution quickly, here are two additional challenges.

1. See if they can reattach themselves.
2. See if they can make a single overhand or figure-eight knot in their own rope.

You can also try joining three, four, or even the entire group together. You can make one large circle with the group, and have them achieve their freedom together.

Solution:

Person A will pinch their rope and pass it through one of Person B's wrist loops going from Person B's arm towards Person B's hand. Then over Person B's hand, and you are free.

Activity Source:

Teamwork & Teamplay by Jim Cain & Barry Jolliff pg.105

Key Ring Activity Guide

Potential Themes:

Group consensus, group problem solving and decision-making

Supplies Needed:

-Key Ring (a series of 4 independent rope rings held together by a fifth rope ring)

Setup:

It is best to place the key ring on the ground before the group arrives. This insures that the puzzle is visible, and that the group members will not be able to observe which rope is correct during the construction of the activity.

It can be beneficial to use a visual prop to explain how one rope is holding the other four together, like a key chain, or a version of key ring with all the same coloured rope as to not give away the solution.

The Challenge:

For the group to decide as a whole, which rope loop is holding together all the other rope loops, without touching any of the ropes.

Variations:

-Different combinations of colours and patterns can increase the difficulty, as well as the number of rope rings involved.

- If you happen to have five ropes and ten participants, you can ask groups of 2 to analyze a single rope. Their objective is not to determine which rope is the right one, only whether or not the one rope they are reviewing is the correct rope. This demonstrates that a large problem can be broken into a series of smaller, more manageable pieces.

Activity Source:

Teamwork & Teamplay by Jim Cain & Barry Jolliff pg.60