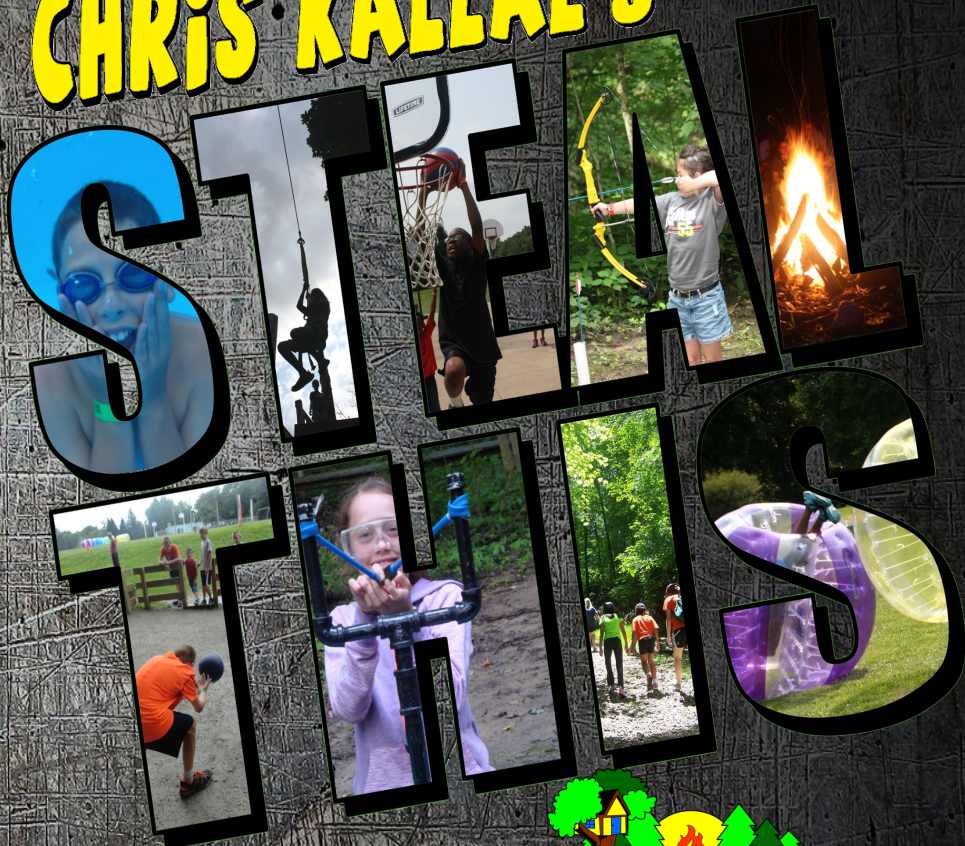


CHRIS KALLAL'S



IDEAS OF  
TEAMBUILDINGNESS



# CHRISTOPHER KALLAL



**Chris is the Executive Director at Camp Good News in Washington, IL. He has been there since 2013. Overall, Chris has been in the Camping Ministry since 2000, that includes 10 years as the Program Director of Camp Manitoumi in Lowpoint and 3 years as the Executive Director of Ingersoll Scout Reservation in London Mills.**

**Chris started attending Camp in 1991 right after 3rd grade and has enjoyed spending every summer at Camp since then!**

**When he finds time, he loves to search online for the newest, unique ideas to implement into his Camp as well as visiting multiple camps over the years to “steal” ideas from them!**

**Currently, Chris co-hosts a Podcast, SCamp Life-The Programming Side, where he talks all things program! Chris & Carrie have been teaching “Steal This” classes all over the World; that include: 6 CCCA Illinois Sectionals, 1 CCCA Super Sectional, CCCA National Conference, 6 NARBC Conferences, 1 ACA Great Rivers Conference, 2 ACA Midstates Conferences, 1 ACA Southeastern Conference, 3 Summer Camp Cons, 1 GrandCamp Conference, 1 CEF International Conference, 1 North Carolina Parks & Rec Conference, numerous Camp Staff Trainings, and too many to count SCampLife Summits!**

**Chris has written 15 books that cover all areas of camping and has several in the works waiting to be finished.**

**He and his wife Carrie have a total of 4 children; Rowan, Emmalina, Autumn, Aurora, and about 80 critters that include a couple goats, named Chicken and Waffles, 4 Ducks, Eeny, Meeny, Miny & Harold, and their pet skunk, Stinkerbell!**

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**Download Packet: [iheartcamp.org/stealthis](http://iheartcamp.org/stealthis)**

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CAMPFESSION

WE COMPETE TO SEE  
WHO HAS THE BEST  
WATCH TAN

CAMPFESSION

I HAVE A VERY REFINED AND  
PRECISE MARSHMALLOW  
ROASTING PROCESS

CAMPFESSION

I HEAR A WORD OR PHRASE  
AND BREAK INTO SONG. REAL  
WORLD PEOPLE STARE AT ME!

NO PROP  
TEAMBUILDING

CAMPFESSION  
CAMP IS THE ONLY PLACE WHERE  
"YOU'RE SO WEIRD"  
IS CONSIDERED A COMPLIMENT

# Box-It



## Activity

- Leader stands in the middle while other participants form a box around the leader in the middle with an equal number of people on all four sides.
- Participants must note whether they are on the right side, left side, in front or in back of the leader.
- The leader can turn around which forces the box to also turn so that they remain on the same side at all times
- The leader can attempt to "trick" the group by jumping, spinning, etc

## Variations

- The leader can the current box location and go to another area of the gym or field or wherever the action is taking place.
- Participants must follow the leader and position themselves as they were in the previous location, attempting to be the first side of the box in place.
- People can get "out" if they are the last person to their new location
- Form 2 boxes, 1 inside and 1 outside and they follow 2 different leaders in the center

## Sample Debrief Questions

- What makes it hard to follow directions?
- What did you do to help yourself?
- How did you communicate with others?
- Did you learn anything about other team members during this?



# Circle Jump



## Activity

- Have everyone form a circle and hold hands
- Leader is in the circle giving commands.
- **First Round: Say What I Say and Do What I Say**

Example:

Leader Says	Everyone Says	Everyone Does
“Jump Right”	“Jump Right”	(Jump Right)
“Jump In”	“Jump In”	(Jump In)

- **Second Round: Say the Opposite of What I Say but Do What I Say**

Example:

Leader Says	Everyone Says	Everyone Does
“Jump Right”	“Jump Left”	(Jump Right)
“Jump In”	“Jump Out”	(Jump In)

- **Third Round: Say What I Say but Do the Opposite of What I Say**

Example

Leader Says	Everyone Says	Everyone Does
“Jump Right”	“Jump Right”	(Jump Left)
“Jump In”	“Jump In”	(Jump Out)

### Variations

- People can get "out" if they do the wrong action
- Form 2 circles, 1 inside and 1 outside and they do the opposite of each other. (Inside circle: Say the Opposite of What I Say but Do What I Say - Outside Circle: Say What I Say but Do the Opposite of What I Say)

### Sample Debrief Questions

- When was the activity easier?
- When did it get harder?
- How many things do you think you can handle at once?
- How many things do you think the group as a whole can handle at once?
- What could we do to make it even harder?



# Counting Game

## Activity

- Each round builds on itself.
- Never go back a round

## First Round

- Get into pairs
- Going back and forth, count to 3 (First Player: "One", Second Player: "Two", First Player: "Three", Second Player, "One", etc).
- Do that at least 5 times

## Second Round

- Now instead of saying "One", players will clap their hands
- Do that at least 5 times

## Third Round

- Now instead of saying "Two", players will jump
- Do that at least 5 times

## Fourth Round

- Now instead of saying "Three", players will say their hometown
- Do that at least 5 times

## Fifth Round

- add a third person into the group
- Add the number "4" into the counting
- Do that at least 5 times

## Sixth Round

- Now instead of saying "Four", players will clap, jump, or say their hometown. It is a random choice by whatever player has "four"
- Do that at least 5 times

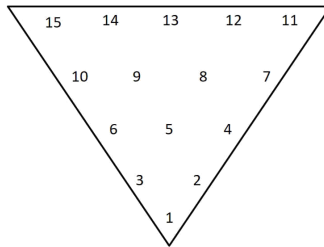
## Sample Debrief Questions

- What made this distracting?
- How did you learn to concentrate?
- What could your group have done to make this easier?

# Cracker Barrel

## Activity

- Similar to that golf tee game found at Cracker Barrel, Players will "jump" over each other until only one member is left standing.
- At the beginning each member is standing on their "spot", (see diagram of "spots" below)
- Leave only one "spot" open. It can be anywhere the team chooses
- A person can move into an empty space, only if that person has someone to "jump" over. (must only be 1 person. Players cannot jump 2 people or empty space + person)
- Each time a person is "jumped", that person is automatically removed.
- Attempt to get the lowest number of people remaining



## Variations

- Make the group mute
- Only allow 1 person to talk

## Sample Debrief Questions

- When the activity started, did you just start going, or make a plan?
- Did you listen to all viewpoints of the team?
- Did you "change your mind" about any moves?
- What was the best strategy to "win"?

# Duck



## Activity

- Put everyone in a tight circle
- Make sure everyone knows everyone's name. Have nametags AND also go around and quickly state names so pronunciation is correct
- One person (most likely you) goes to the center to be the leader
- When the leader points to someone and says "Duck", the people on the right and left of that person must say each other's names.
- Whoever first, "wins" whoever is last must replace the leader and start again with a new trio
- Play for as long as it continues to be fun

## Variations

- after few rounds start another leader so that 2 leaders are going
- Continue adding leaders if possible
- Have participants hide nametags after several rounds
- Change the trio to 4 people and 2 people in the middle have to duck

## Sample Debrief Questions

- Did anyone have a goal of "tricking" others?
- Did anyone help out others in the circle?
- Was there anything that made the activity harder?
- Of all the positions, leader, ducker, name shouter, which did you prefer and why?
- Did anyone come up with any plans or strategies during the activity?
- Did you have to adapt or change those strategies?

# Egg Chicken Dinosaur

## Activity

- This is a "rock-paper-scissors" themed game.
- Have the group form a circle.
- Everyone starts out as an egg by squatting down low and waddling like an egg. They will also repeat "I'm an Egg, I'm an Egg"
- Eggs find another egg and play a game of rock-paper-scissors. The winners turn into a chicken.
- Chickens move on to find other chickens, and eggs continue to play against other eggs.
- Each time a player wins a r-p-s bout, they move into the next stage. If they lose, they move back down a stage
- The game ends when someone makes it to Superman
- The "stages" and actions are:
  - Egg: squatting down low near ground
  - Chicken: putting thumbs under armpits and flapping elbows
  - Eagle: flapping arms by sides
  - Dinosaur - Little tiny T-Rex Arms
  - Nerdy human: act nervous, hike up shorts, etc.
  - Captain America: One hand on waist and one hand in front holding shield
  - Superman: Stand as Superman would



## Variations

- Add more characters
- Don't force them to go down a level, but stay at same level

## Sample Debrief Questions

- How clear were the directions you were given?
- Did you skip or have to ask about any of the stages?
- What do you think the point of this activity is?
- Did this activity help get you out of your comfort zone a bit?

# Flip & Zoom

## Activity

- Get into a circle.
- Have everyone stand so that their hands are out in front of them with both thumbs pointing in the same direction (i.e. the left hand is palm down, and the right hand is palm up).
- Tell the person on your left that the whole group is her team, and that on your signal she is to flip her hands over (both thumbs point to the left). The person next to her will do the same.
- This continues all the way around the group like a wave.
- Time how long it takes to get all the way around the circle.
- Tell the person on your left that the point of the activity is speed, and does she have anything to say to her team?
- Do the activity again and time it.
- Now tell the person on your right that the whole group is his team. On a signal from you he will say the word "zoom." This gets passed around the circle like a wave.
- Time how long it takes to get all the way around the circle.
- Tell the person on your right that the point of the activity is speed, and does he have anything to say to his team?
- Do the activity again and time it.
- Remind them that the activity is all about speed. Tell them that on your signal they are both to start their task (hand flip and "zoom").
- Try it and see which one comes back first, and which second.
- Repeat as many times as seems appropriate.



## Sample Debrief Questions

- How did it feel to be in the middle where the two signals stumbled over each other?
- What did you do to handle the challenge?
- For those who had an easier task, what did you do (or not do) to help the situation, or make the situation more difficult?
- How can we handle differences of opinion, style, beliefs, etc. in here so that we can honor and respect each other instead of ridiculing or hurting each other? ,

# Knots



## Activity

- The goal is to make an unknotted circle out of the people in your group
- Get in a tight circle
- Everyone must reach for 2 different hands, not the person next to you and not your own
- Make sure the 2 hands you have do not belong to the same person
- Now try to "unknot" yourself without letting go

## Safety Measures

- Don't pull or twist someone
- Carefully help each other through holes and over others
- No one may be upside-down at any time

## Variations

- Have the group split into two smaller groups and see who can do it faster
- Have the group hold a small rope instead of hands

## Sample Debriefing Questions

- What was fun about this? What was challenging?
- Was there a point you thought this was impossible?
- Did anyone emerge as a leader?
- Did leadership change?
- How can this experience help our team?
- Did you feel that members of this group respected your abilities during the unwinding process?



# Monster



## Activity

- The goal is to make a monster that can move approximately 15-20 feet and make a distinct noise
- The team forms a monster by joining hand, interlocking arms, riding piggy-back, or by any other means devised to be one unit
- There are only a certain number of hands and feet than can touch the ground
- Subtract 2 hands and 2 feet from the number of teams members. (example a 10 person team is only allowed to have 8 feet and 8 hands that can touch the ground)

## Safety Measures

- Don't pull or twist someone
- Carefully help each other
- No one may be upside-down at any time

## Variations

- Have less hands and feet
- Don't allow other body parts

## Sample Debrief Questions

- What was fun about this? What was challenging?
- Was there a point you thought this was impossible?
- Did anyone emerge as a leader?
- Did leadership change?
- How can this experience help our team?
- Did you feel that members of this group respected your abilities during the moving process?

# RPS Splitz



## Activity

- This works as a great quick little initiative to get participants warmed up
- Have participants pair up and start the game being toe to toe with one another.
- Play one round of RPS, whoever wins takes their front foot and puts it directly behind their back foot
- Whoever loses that round must slide their front foot forward to meet toe to toe with their opponent again.
- Another round of RPS is played and it continues until someone loses their balance and falls over or ends up in the splits

## Variations

- Add more levels of Rock Paper Scissors
- Play Ultimate Champion version

## Sample Debrief Questions

- What was fun about this game?
- What was challenging?
- Did you have a last minute win? Loss?
- If we were to play again, would you have different strategies?
- How does this help you today?

# Seeing Red

## Activity

- Tell participants that they will have five minutes to look around the room and memorize everything that they see that is BLUE
- Items could be on people or just in the room
- They can walk around if they prefer, but cannot write down anything or take photos. They just need to do their best to remember
- Have everyone partner up and decide who is going to be Player One and who is Player Two
- Have them close their eyes
- Have Players One now attempt to share everything in the room that is RED
- After one minute, and everyone still have eyes closed, have Player Two attempt to state everything that is GREEN
- Then have partners open their eyes and see if there are any other objects they missed

## Variations

- For bigger groups, have double Player Ones and Double Player Twos so they can help each other

## Sample Debrief Questions

- How many BLUE items do you think you could identify?
- How hard was it describe Red or Green when you were focused on Blue?
- Did it frustrate you that I changed colors?
- Have you ever focused on something so much that you excluded seeing everything else that is happening?
- How can being more observant help you in life?

# Simon Says Time Warp



## Activity

- *Objective:* Just like Simon says except one action behind
- Remind everyone of the rules for the Traditional Simon Says
- Tell them that in that game, the leader will give directions such as "Simon says, put your hands on your head" "Simon says touch your toes" etc
- Explain that in this version, the players will only follow the leader's instructions after he has given the next instruction.
- Give the following example:
  - Leader: Simon says put your hands on your head (players do nothing)
  - Leader: Simon says touch your toes (Players put their hands on their head)
  - Leader: Pat your stomach (Players should touch their toes)
  - Leader: Simon says run in place (player should keep touching their toes)

## Variations

- Make it 2 directions ahead
- Have everyone in a circle so they can see each other
- Have 2 circles, One that follows normal Simon Says rules while other follows the Time Warp rules

## Sample Debrief Questions

- How difficult was it to follow directions in this activity?
- What makes it hard to follow directions here?
- Did anything help as time went on?
- What would have made this activity easier?

# Telephone Charades



## Activity

- This activity is similar to the telephone game played as children with a few exceptions
- Have all players in a line facing the same direction
- The leader in the back of the line will tap the Player One's shoulder in front of them. Player One turns around and will watch the leader perform an action
- Player One will then turn around, tap the Player Two's shoulder in front of them. Player Two will turn around and watch Player One perform the same action
- This will continue down the line
- The final player will perform the action for the whole group and then the Leader can show the beginning action and everyone can enjoy the fun of it being different

## Variations

- Move people around and let different players be in different locations
- Make the actions harder each round

## Sample Debrief Questions

- Where did the actions/communication start to break down?
- Why did it break down?
- Could players have done something different so the "Communication" did not break down?
- What is something you can do to make sure others clearly understand your communication?

# You Me Left Right

## Activity

- Another name game similar to Duck
- Put everyone in a tight circle
- Make sure everyone knows everyone's name. Have nametags AND also go around and quickly state names so pronunciation is correct
- One person (most likely you) goes to the center to be the leader
- The leader will point to someone and say one of the following: You, Me, Left, or Right. And then count out loud from 5 to 0.
- The player who was pointed at has 5 seconds to shout the name of whichever direction the leader said.
- If the player cannot do that in the 5 seconds given, he must switch spots with the leader and become the new leader
- Play for as long as it continues to be fun

## Variations

- after few rounds start another leader so that 2 leaders are going
- Continue adding leaders if possible
- Have participants hide nametags after several rounds
- Change the trio to 4 people and 2 people in the middle have to duck

## Sample Debrief Questions

- Did anyone have a goal of "tricking" others?
- Did anyone help out others in the circle?
- Was there anything that made the activity harder?
- Of all the positions, leader, ducker, name shouter, which did you prefer and why?
- Did anyone come up with any plans or strategies during the activity?
- Did you have to adapt or change those strategies?

# SMALL PROP TEAMBUILDING

## CAMPFESSION

SILENT CONVERSATIONS ACROSS  
THE TABLE WITH MY  
CO-COUNSELOR ARE THE KEY TO  
SURVIVAL

# 52 Card Pickup

## Materials:

- You need a deck of playing cards with specific 'jobs' written on them.
- The jobs should be written or printed on the back side of the playing card, not the side with the number and suit.
- You will need one deck of cards for every 10 players.
- Place all 52 cards with the playing card side suit up on the floor or table top.
- You will need lots of space for participants to move around and perform various tasks.

## Activity:

"The next game we are going to play is called 52 Card Pick Up. (wait for the groan...) How many of you remember this game as a kid? Not such a fun game, right? Well I'm happy to report that the rules have changed for that age-old game. Here are the new rules for 52 Card Pick Up. You can see that there is a full deck of cards scattered about here on the floor. On the other side of these cards there is a 'job' that you have to do. In a minute when we start the game, each person will come forward and pick up a card and read the job on the back side of the card that needs to be completed. Whatever is written on that card is for your eyes only. You cannot show your card to other participants, and you may not tell others what your job is. Some of the jobs can be done all by yourself. Other jobs may need assistance from others on your team, however you can't tell anyone what you are doing. As soon as you have finished your job to the best of your ability within the confines of this room, you may pick up another card and move onto the next job. The game is over when your team has picked up and completed all 52 jobs in the deck. Now, because I'm a big believer in Challenge By Choice, if you pick up a job and it pushes you a little too far outside of your comfort zone, you may put that job back down. But recognize that someone on your team will have to complete that job because the name of the game is 52 Card Pick Up,



not 51 Card Pick Up. Are there any questions? (pause) Let's begin!"

### Sample Debrief Questions:

Have everyone sit in a circle and talk about some of the things each had to do. Then pause them to discuss. Many participants will be surprised at all of the things that happened that they did not even see!

- How does this relate back to the real world? Depending on the specific outcomes and needs of the group, this is where I talk about specific behaviors that came up in the different jobs they performed, and how they relate to this specific group.
- How is this activity like everyday life?
- How are the behaviors demonstrated in this activity like interacting in a group setting?
- Each behavior demonstrated in this activity could relate to a behavior in the real world. Which ones do you think pop up in your day to day?
- How many of you were surprised to hear some of the jobs that were done? Why do you think you missed them?
- Do you ever have to put your own needs on hold in order to help out another person? Give an example.
- Were you so busy doing your job that you completely missed the other things that were going on?
- There was someone who had to shake for 60 seconds, What if this person was having an epileptic seizure only 5 feet away from you and you were too busy to notice?
- There are always things going on that you have NO IDEA about

After I have finished with a few initial questions, I then let the group do a small group debrief. Now that they have new information to process, and realize that this is so much more than a silly icebreaker game, it's good to give them a little time to process how this relates back to the real world. After about 5 minutes of small group process, I then open it back up and ask them to explain different ways they see this relating back to the real world.

# Anomia



## Materials

- Card Name Anomia (Party Edition)  
- <https://rb.gy/kwhluj>

## Activity

- You will need one card per player - get a variety of symbols
- You will need a few Wild Cards and 1 Blank Card
- You will need a majority group so be sure one group of symbols has more than every other symbol. Each other less symbol needs to be in variety of numbers
- Pass out cards and tell players not to look at them
- Tell players they are not allowed to talk during this activity
- Tell players to, without looking, put the card on their forehead so that the other players can see it
- Tell players to, without talking, "get into groups"
- Allow them to mingle and figure out what "groups" they want to make
- When most of the players have grouped up, stop the activity and tell players to look at their cards

## Sample Debriefing Questions

- How did you find your group?
- Did you help other people find their group?
- Did anyone not find a group? Why?
- Why were groups decided this way?
- Did you attempt to join a group and were not allowed?
- In real life, how do people group up?
- Have you ever been "kicked out" of a group?
- Is it possible to be One Big Group in this game?

# Bucket Scoop



## Materials

- Team Bucket Challenge  
- <https://rb.gy/5wxhuz>
- Two 5-Gallon buckets, one filled with water

## Activity

- Using the Scoop with handles, the goal is to fill the empty 5-Gallon bucket with the water from the full 5-Gallon Bucket?
- Each player must hold the handle at the end of the string and not further down the string or touch the scoop.
- Players must dip the scoop into the water and then bring over to the empty bucket and pour it into there
- First group to fill the empty bucket to a pre-determined line wins

## Variations

- Use obstacles to go around, over, etc
- No one allowed to talk
- Only 1 person allowed to talk

## Sample Debriefing Questions

- What was the goal of the group?
- What was the goal of each individual?
- Do you feel you helped your team?
- Did anyone emerge as a leader?
- Was that leader listened to?

# Color Match



## Materials

- Paint Swatches (1 per player)

## Activity

- This activity is almost exact to Anomia, but better for younger players
- You will need one swatch per player - get a variety of colors
- You will need a majority group so be sure one group of colors has more than every other color. Each other less color needs to be in variety of numbers
- Pass out swatches and tell players not to look at them
- Tell players they are not allowed to talk during this activity
- Tell players to, without looking, put the swatch on their forehead so that the other players can see it
- Tell players to, without talking, "get into groups"
- Allow them to mingle and figure out what "groups" they want to make
- When most of the players have grouped up, stop the activity and tell players to look at their cards

## Sample Debriefing Questions

- How did you find your group?
- Did you help other people find their group?
- Did anyone not find a group? Why?
- Why were groups decided this way?
- Did you attempt to join a group and were not allowed?
- In real life, how do people group up?
- Have you ever been "kicked out" of a group?
- Is it possible to be One Big Group in this game?

# Domino Match



## Materials

- Dominos (1 per player)
  - Giant Dominoes: <https://rb.gy/fli41o>

## Activity

- Give each player a domino
- Let them know that they will be making the largest domino train that they can
- Tell them to begin
- After they have completed, have them switch dominos with another player and return to their seat.
- Once they have sat, start the game again

## Variations

- Don't allow talking
- Every time they have a double, they must split
- Divide into teams and have them race

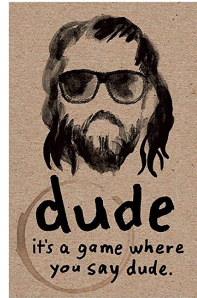
## Sample Debrief Questions

- What strategies did you use to get into trains?
- Who found connections immediately?
- Was it easier the second time through?
- How do we make connections in everyday life?

# Dude Game

## Materials

- Dude Game
  - <https://rb.gy/tqj9rd>
- And/or More Dude Game
  - <https://rb.gy/qvkzmx>



## Activity

- Ahead of time, be sure to sort a variety of dude cards so all 6 Dudes are available
- Give everyone a Dude Card and tell them to not show anyone else
- The only word they are allowed to say is "Dude".
- When they look at their card, it's their goal to decipher how to say the form of Dude on it
- Then they go around only saying "Dude" and try to form a group with other like dudes
- Allow them to mingle and figure out what "groups" they want to make
- When most of the players have grouped up, stop the activity and tell players to look at their cards

## Variations

- do this blindfolded
- Don't allow any hand motions

## Sample Debriefing Questions

- How did you find your group?
- Did you help other people find their group?
- Did anyone not find a group? Why?
- Why were groups decided this way?
- How did the tone of our voice change the message we were sending?
- In real life, how important is the tone of our voice?

# Frisbee Walk



## Materials

- Frisbee
- Large Room

## Activity

- Have everyone in the group gather around the Frisbee
- Each person must touch the Frisbee with only 1 finger
- No one may touch anyone else (any body part)
- The group must move together to lift the Frisbee and walk from one point to another about 20 yards away
- If the Frisbee falls or they touch one another, they must start over

## Variations

- Use a bucket of water over their heads (great for hot day)
- Use different size balls starting from large to small

## Sample Debrief Questions

- how difficult was this activity?
- Was there a leader?
- Was there a Plan?
- Did anyone have an idea that wasn't heard or shared?
- Did anyone accidentally touch another person and not speak up?

# Grid

## Materials

- Masking Tape to tape the floor in a square foot grid OR
- Tarp with a premade grid already on it
- Blank copies of the grid
- Enough coins to mark the path

## Activity

- Goal is to get the whole team to the other end of the grid by following a predetermined path
- One person will go at a time
- They will step on the grid and either be told they are on the path or not. Allowed moves are forward, back, left, right, or diagonal. No jumping spaces allowed
- Every time they step on a non-path square, they must switch players, but if it is a correct spot, they may continue on.
- When you switch players, you must stay on the correct path.
- Squares will never change. A correct square is always correct and an incorrect square is always incorrect
- Players will be given a blank map and some coins to use to mark however they wish. They may NOT write or mark the paper any other way. They may NOT make another other form of the map
- Every time a player steps on an incorrect square a second time or more, the team will lose a resource (coin, map, sight, etc)
- The map cannot enter the grid space, so the team will have to coach the player from the sideline
- The grid may not be marked in any way
- Once started, any square touched by anyone counts as a try even if it's by accident
- As the facilitator, you will have the Map Key and a pen to mark spaces. I will mark a slash the first time they step in a space and then an X for every step after



Variations

- Do 2 at a time from opposite ends
- When they lose all their resources, they can earn some back for doing goofy tasks

Sample Debrief Questions

- How did you have to work together?
- Did anyone step up to be a leader?
- Was it always wise to listen to them?
- How did you problem solve the activity?

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# Hamster Wheel



## Materials

- Long, Narrow tarp that is taped to make one continuous ring
- Hamster Wheel Running Mat from Amazon  
- <https://rb.gy/lgnmmf>

## Activity

- Everyone gets inside the wheel and walk together as a team from point A to point B

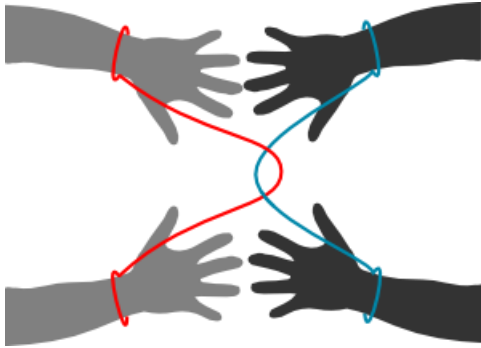
## Variations

- No Talking
- Only 1 person allowed to talk and they can only be in a certain position
- Get 2 and race another team

## Sample Debrief Questions

- Did your team work well together?
- What made that difficult? Easy?
- What characteristics of friendship did you use during the activity?
- What does it take to be successful?
- If we were to do it again, what changes would you make?

# Handcuffs



## Materials

- Make a set of handcuffs for each participant. Be sure they are loose on their wrists and have at least 2 feet of rope between hands

## Activity

- Have everyone partner up
- Handcuff each participant and be sure to loop the center rope around so partners are together (see above picture)
- Tell the group to get themselves free from their partner

## Variations

- No Talking
- Handcuff multiple people together
- Let them know that they will not have to move their feet at all for this activity

## Sample Debrief Questions

- Did you think this would be easy?
- Who did most of the work in the group?
- Was the solution something you expected?
- If you figured it out, did you help others?

# Helium Stick



## Materials

- Long stick. Tent poles work great because they can be easily folded for portableness

## Activity

- Have the group line up so that every other person is facing the opposite way (see picture above)
- Place the long pole down the middle of them on the ground
- Tell everyone to make finger guns and that their index finger will be the only body part to touch the pole
- Have them place their hands so that when they pick up the pole, there will be another hand between theirs (fingers touching pole down the line should look like this: Person A's Left Index finger, Person B's Right Index Finger, A's Right finger, B's Left finger, and so on down the line)
- Tell them their goal is to pick up the stick to belly button height and put it back down, but everyone's fingers must be in contact with the stick at all times. If anyone un-touches the pole, they must start again.

## Sample Debrief Questions

- What was the initial reaction to this activity? Did you think it would be easy?
- Did anything unexpected happen? How did you adjust for that?
- Were you honest?
- What was your reaction when someone un-touched?

# Holey Tarp



## Materials

- Tarp with holes and 5 or so balls
- Buy on Amazon here:  
- <https://rb.gy/gfcwiw>

## Activity

- The goal is to not allow the balls to fall through the holes, but do several different challenges
- Challenge 1 - Roll just 1 ball around each hole
- Challenge 2 - Keep all 5 balls on the tarp for as long as possible
- Challenge 3 - Choose only 1 hole and have all the balls exit only through that hole

## Variations

- Only 1 hand can touch the tarp
- Only non-dominant hand can touch the tarp
- Must hold tarp above head

## Sample Debrief Questions

- Which challenge were you most successful at? Why?
- What is one thing you would change to make it easier? Harder?
- Do we tend to find ways to make challenges in our life easier or harder? Why?

# Hula Pass



## Materials

- Hula Hoop(s)

## Activity

- Have everyone hold hands in a circle
- Have 1 pair unclasp and put a hula hoop around write and re-clasp hands
- Now tell the team to get the hoop all the way around the circle without letting go of hands
- Time it and do it again and see if group can be faster

## Variations

- Hold hands backwards in circle
- hold hands through legs
- Use Velcro and attach legs together instead of hands

## Sample Debrief Questions

- Were you faster? Why?
- What/who helped you figure out the best method?
- Did you learn from experience or helpers?
- In real life, do you learn better from experience or helpers?
- How can you be a person that helps others from your own

# Magic Carpet/Shrinking Island



## Materials

- 6x10 Tarp (or smaller for smaller groups, larger for larger groups)

## Activity

Magic Carpet:

- Have everyone stand on tarp
- Once all are on, tell them they must flip over the tarp without stepping off (use a whole story how they are high in the air on their magic carpet so they can't step off, but it's upside down)

Shrinking Island

- Have everyone stand on tarp
- Tell them to fold it in half without stepping off
- Have them keep folding in half to see how many times they can do it

## Sample Debrief Questions

- Did anyone take a leadership role?
- What roles did others take?
- Is this a role you normally take in life?
- Was everyone listened to? Why or why not?
- How did you feel (would you feel) if you weren't heard?
- Before starting have everyone write a goal in their life on a note card. Tape that card to the bottom of the magic carpet. Ask the group what obstacles stand in the way of them reaching their goals

# Moon Ball



## Materials

- Beach Ball

## Activity

- Have everyone spread out
- Throw the beach ball up and tell the group to keep it in the air
- No one can touch the ball more than once in a row
- Points: (1 for hand, 2 for foot, 3 for head)
- Restart when it hits the ground and see if you can score higher the next time

## Variations

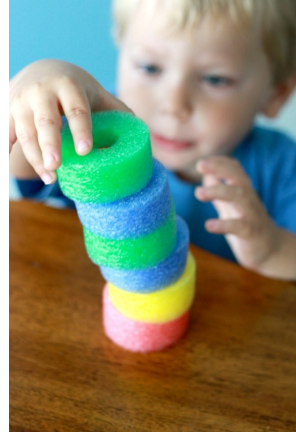
- No one can hit the ball again until everyone has hit it once
- Players pick their spot and plant their feet and then cannot move their feet once the ball is tossed

## Sample Debrief Questions

- Who thought this would be easy?
- After the first round we set a goal of higher points. How did you feel as we got closer to that record?
- If you fell short, did you get discouraged?
- How about when you got a new record?



# Noodle Catch



## Materials:

- Slices of noodles cut approximately 1 ½ inches wide.

## Directions:

- Start with 2 slices placed together like two pieces of bread for a sandwich.
- Toss this "sandwich" in the air, clap your hands and then catch the sandwich without letting any of the slices touch the ground.
- If successful, add one noodle slice to the sandwich, toss it up, clap and catch.
- The challenge is to see how many slices you can toss and catch without letting any touch the ground.
- Note: If your sandwich "sprays" to the ground, you can pick up as many as you had before the spray - you don't need to start over from 2 slices.

## Variations

- spin around instead of clapping
- Partner up and both have to do it at same time

## Sample Debrief Questions

- What strategies did you develop over time?
- Was it fun?
- What made it fun?
- What adaptations could have been made to make it easier?

# Personality Press



## Materials

- 1 to 2 inch slices of pool noodles

## Activity

- The challenge is to press noodle slices between you and a partner.
- Start by pressing two slices together between dominant hands. Then, partners take turns adding one slice at a time from the pile on the floor - slices are slipped in between the person's hand and the slices already in the press.
- Each time a person adds a slice to the line of slices, he or she verbally shares something about him or herself.
- This is, of course, intended to be a get-to-know-you activity.
- Also, be sure to count the slices as you go.
- You could also change up partners after slice collapses.

## Variations

- Press the slices between foreheads instead. (Pairs go down to the floor, both do a push-up, then stand back up without losing the slices.)
- Press the slices between belly buttons

## Sample Debrief Questions

- Was this awkward? Why?
- What are some things you learned about the other person?
- What would be a less awkward way to learn about each other?
- Do you attempt to learn about others or just talk about yourself?

# Petecas



## Materials

- Petecas/Funderbirds/Featherballs
- Buy  
Ebay: <https://rb.gy/zihb9h>
- Make Your Own  
Teamwork and Teampay <https://goo.gl/Z7mjmw>

## Activity

- Have group form a circle
- Hit the Peteca with palms up as a flat hand
- The group should try to reach 21 consecutive (or A-Z instead of counting) without the Peteca hitting the floor.
- Cannot hit twice in a row

## Variations

- Use your non-dominant hand
- Use both hands, while balancing only on one foot
- Using both hands and with both feet touching the floor, clap 3 times after each hit before being allowed to hit the peteca again
- After hitting, each player must spin 360 degrees
- After hitting, each player yells their own name
- After hitting, each player must move to a new location

## Sample Debrief Questions

- Who thought this would be easy?
- After the first round we set a goal of higher points. How did you feel as we got closer to that record?
- If you fell short, did you get discouraged?
- How about when you got a new record?

# Raccoon Circles



## Materials

- rope about 15ish feet in length

## Activity 1 - About Me

- Knot the rope so it is now a circle
- Have a group of about 7ish people circle up and all hold the rope
- Wherever the knot is, that person will talk about themselves until the knot makes it back around the them.
- Groups starts moving circle around while one person is talking

## Activity 2 - About My Home

- Knot the rope so it is now a circle
- Have a group of about 7ish people circle up and all hold the rope
- 1 person attempts to get the group to make the rope into a shape of something about their home (state shape, dog shape, pine tree, etc)
- Once in the shape, the person will tell everyone what they made and why

## Activity 3 - Keeping my Hands Busy

- 1 person will hold the unknotted rope
- They will begin sharing about themselves while rolling the rope into a ball
- This gives them something to do while talking

# Reach For It



## Materials

- Something that the team can reach for - Water bottles work best
- Rope or tape to make a line

## Activity

- Line the water bottles up
- Put the rope or tape on the ground about 4 feet (depending on size of players) away from the bottles
- Let players know they must work together to get all the bottles, but cannot touch the ground across that line

## Variations

- Set this up for teams to compete. Put the water bottles down the middle and have lines on both sides

## Sample Debrief Questions

- What kind of planning took place?
- Was there a leader?
- How did everyone feel about personal space?
- Was there concern for other's comforts?
- Was it fun/not fun?
- Why?

# Ricochet Ball



## Materials

- 1 Ricochet Ball - Buy online here:  
<https://rb.gy/g8iutz>

## Activity

- Stand in circle
- First person lofts ball up in air to bounce in middle of circle
- Someone catches it after bounce and then they loft it up in air to bounce in middle of circle. Once they toss, they exit the circle
- Repeat step three until there is only 1 person left
- If ball is dropped or not caught, everyone is back in

## Variations

- Book with tons of other games to do with the ball:  
<https://rb.gy/dgpia2>

## Sample Debrief Questions

- Did you plan anything? Did plans happen during play?
- What was in your control during this activity?
- How did your group handle starting over?
- Were you supportive of others? even if they dropped the ball?
- In everyday life how do you handle things you cannot control?

# Rising Star



## Materials

- Rope(40-50 feet) tied to itself to form a circle

## Activity

- Ask everyone in the group to grab the rope and get into a circle.
- Inform everyone that they cannot let go of the rope or trade places with others, but they can slide their hands along the rope.
- The goal is to get the whole group to create a five pointed star with the rope (the kind with the crisscrosses in the middle).
- Once they think they are done. Have them lower the star to ground, let go, step back and see how they did

## Variations

- allow other star solutions
- Try other shapes
- Blindfold a couple players

## Sample Debrief Questions

- What were the major challenges of this?
- Did you experience frustration? How did you overcome that?
- Were you bored? What did you do to get past that?
- Did you feel like you were part of the group's success or failures? Why?

# Splurt



## Materials

- Splurt Game - Buy online here:  
<https://rb.gy/v5ulb7>

## Activity

- Give everyone a card. Tell them they will only be looking at the pink side
- When the leader says "go" everyone will pair up with someone, count to 3, hold their card to their forehead with the pink side out and then try to be the fastest to answer whatever their partner's card says.
- Whoever is fastest, give yourself a point
- Then trade cards and go find another partner and do this again
- Order: 1. Find partner - 2. count to three - 3. Show Cards - 4. Splurt answer - 5. Count score - 6. Trade Cards - 7. Move on

## Variations

- give them 2 cards and they will show 1 pink side and 1 black side
- Have winners continue on, but losers sit out

## Sample Debrief Questions

- What strategies did you develop?
- Are you quick thinking?
- What were some things that helped as the game progressed?
- How does this apply to everyday life?



# Spot It: Back2Back



## Materials

- Spot It Game (I like the Camp version)- Buy online here: <https://rb.gy/1hyucc>

## Activity

- Give everyone a card.
- Have them pair up and stand back to back while looking only at their spot it card
- Partners ask alternating yes and no questions in attempts to figure out the common image on their cards.
- They cannot say the names of any objects, only description questions. (do you have something blue? Do you have something alive? etc)
- When they find the match, trade cards and find a new partner

## Variations

- Only allow 1 syllable words in the questions
- Give them a limit of questions

## Sample Debrief Questions

- What are some of the questions you asked?
- What did you do to communicate in a way so that you would figure it out first and not give away any hints to your partners?
- How do we communicate in life that is similar to this? Why?

# Spot It: Champion



## Materials

- Spot It Game (I like the Camp version)- Buy online here: <https://rb.gy/1hyucc>

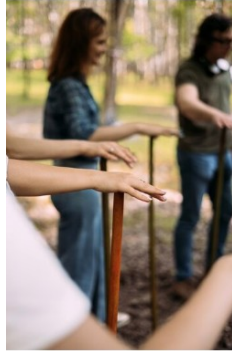
## Activity

- Give everyone a card and tell them not to look at it
- Have them pair up, count to 3, and turn their cards over so each person can easily see both cards
- Whoever finds the match first, wins that round and takes the loser's card.
- The loser will join the "fan club" of the winner and follow them around cheering them on
- Winners continue finding partners and playing as their fan club increases.
- Play until it's the final 2 and have an ultimate champion!

## Sample Debrief Questions

- What did you think about everyone cheering for you?
- Was it nice or not?
- What was it like to cheer for the person who defeated you?
- How does this compare to real life?

# Stick Switch



## Materials

- 3ft long, 1 inch wide dowel rods or PVC pipes. 1 per player

## Activity

- Have participants stand in a circle with about 5 feet of distance between themselves
- Each player balances their stick between the ground and their palm
- The goal is for each player to shift one position to the right while leaving the stick for the person behind them to catch.
- It only counts as a successful shift if every stick is caught
- See how many shifts you can successfully make

## Variations

- Switch directions up on them when you say GO

## Sample Debrief Questions

- What was fun about this?
- What was challenging?
- How did you help out your team?
- Did anyone make it hard for you? How?
- In real life, do we sometimes make things harder for others but easier on ourselves?

# Team Hopscotch



## Materials

- Grid on ground that is 2x10 one-foot squares

## Activity

- See example videos here:  
<https://rb.gy/z4sxxu>  
<https://rb.gy/ktgnk1>
- The goal is for the team to jump the grids in a pre-determined pattern all in rhythm.
- The pattern can be anything, the videos above are just an example
- If anyone messes up, you can all start over, just make that person start over, or kick that player out completely and have a goal of a certain number making to the finish.

## Variations

- different patterns
- No talking allowed

## Sample Debrief Questions

- How difficult was this activity?
- What made it easier? Harder?
- What happened when a teammate got out of sync?
- Did anyone get messed up by another person?

# Teamwork & Teamplay

## Materials

- Teamwork and Teamplay Cards  
<https://rb.gy/lzhken>



## Activity

### The Big Questions

- Pass out Cards
- Tell everyone they are going to be choosing 1 of the 4 questions on the bottom of their cards to ask another person.
- They will pair up by lifting their card in the air and finding another person with their card in the air
- After they ask ONLY 1 question, they will switch cards, lift it in the air, and find another partner to do it again

### Extras

- This card set works for several activities.
  1. Thirteen Clues - Four different mysteries to be solved.
  2. Thought For the Day - Inspirational quotes and messages.
  3. The Big Question - Three levels of icebreaking questions.
  4. Character Match Game - Exploring character actively.
  5. Thumbprints - A visual debriefing activity.
  6. I Doubt It - A simple card game that explores trust.
  7. Personal Pyramid - A presentation of personal values.
  8. Hieroglyphics - A linguistic challenge for groups.
  9. Acronyms - A second linguistic challenge for groups.
  10. Treasure Hunt - A mathematical group discovery activity.
  11. Card Tricks - Jim's three favorite card challenges.
  12. Tongue Twisters - A third linguistic challenge for groups.
  13. The 15th Object - A game with a teachable moment.
  14. Are You More Like? - Conversation and choices.
  15. Pass the Deck - A fast-paced problem solving activity.
  16. Stack the Deck - A fast-paced sorting activity for groups.
  17. Watch 4 It - Real life examples of character words.

# Under Where



## Materials

- 6 x 10 foot tarp

## Activity

- Lay out the tarp on the ground and have the team circle around it
- Tell everyone the task is for everyone to get under the tarp without using any part of the arms from the elbow to fingertips or their mouths
- Most groups will try and get their entire bodies under the tarp when all they really have to do is just get their toes

## Sample Debrief Questions

- Were you successful?
- Did anyone have an idea that wasn't shared?
- What did everyone assume for this game?
- Could you just have put your toes under?
- Would it have helped to be more clear in the instructions?

# Up in the Air



## Materials

- 1 Large Beach ball
- 3 Medium Beach balls
- 2 small beach balls
- A ball that doesn't fly straight when you air it up
- 4 balloons
- 2 Blow up rings

## Activity

- Have the group spread out
- Toss the large beach ball out and tell the group to keep it in the air
- After a bit add another ball, and another, until all objects are in play.
- Let the group continue keeping everything in the air for a bit then tell them to stop and allow all objects to fall to the ground

## Variations

- Blindfold 1 person in the group halfway after all balls are in air

## Sample Debrief Questions

- When was it easy?
- How did it get harder?
- Let's pretend each object was a problem you had to solve by keeping it in the air. Which problems were easier?
- What happened to the little problems?
- In life, what happens when we neglect little problems?
- How did the group help with the little problems?
- Did anyone have to remind you about the little problems?
- If you were blindfolded, did anyone help you?
- Did anyone even notice someone was blindfolded?

# Zoom & Re-Zoom



## Materials

- Buy the books, Zoom & Re-zoom by Istvan Banyai
  - Zoom: <https://rb.gy/uem2bg>
  - ReZoom: <https://rb.gy/ovzbyy>

OR

- Get pics off the Youtube Videos:
  - Zoom: <https://rb.gy/qocftn>
  - ReZoom: <https://rb.gy/s1o0e4>

## Activity

- Pass them out to participants (if you don't have enough for every picture, then make sure you take off the last pages so the pictures still line up)
- Have participants hide their picture, but attempt to line up in order from most zoomed in to most zoomed out by describing their pictures to each other
- They cannot show their picture to anyone, but describe it however they want

## Sample Debrief Questions

- How did ideas get started?
- After you found a link with someone, how did the activity change?
- What would you do differently next time?
- How was your communication?
- How does this apply to real life?



LARGE PROP  
TEAMBUILDING

CAMPFESSION

I ALWAYS HOPE I RUN INTO A  
CAMPER IN PUBLIC!

# All Aboard



## Materials

- A 3ft by 3ft platform

## Activity

- must get on the island with nothing touching the ground
- Must be done while humming "Happy Birthday"
- Cannot say any words, only humming the song

## Variations

- Have the group not make any sound at all
- Only allow 1 person to talk

## Sample Debrief Questions

- What kind of planning took place?
- Was there a leader?
- How did everyone feel about personal space?
- Was there concern for other's comforts?
- Was it fun/not fun?
- Why?

# Balance Beam



## Materials

- Telephone Pole or Log or Beam

## Activity

- Everyone get on the beam
- No one can fall off, or we have to start over
- You will be given various ways to line up and must do so without falling off

## Variations

- Line up by height, alphabetical order, age, every other something
- Make half the group blind
- No Talking

## Sample Debrief

- How difficult was this? What made it that way?
- How others help you? How did you help others?
- Did each person do their part? What happens when one teammate isn't willing to Do their part?
- What would make this easier? Harder?

# The Cell



## Materials

- 1 used 4 bunk beds (with springs) all attached to make a box
- 1 in dowel rods
- Soccer ball (aka Wahoo Bird Egg)

## Activity

- Only 1 stick per person
- Sticks cannot go completely through the cell. Only 1 hole at a time
- You cannot throw the egg (it is an egg after all). Only lifting carefully
- Any hands that touch the jail cell can no longer be used in the initiative.

## Variations

- No Talking allowed
- Everyone must have their backs to the cell

## Sample Debrief Questions

- Did you break into small groups/partners?
- Did you copy another group?
- Was anyone left out?
- Were you successful? In what way?

# Crazy Skis



## Materials

- At least 2 Skis. Boards with ropes attached to them. (see above pic)

## Activity

- The goal is to make it from point A to point B without falling off
- Team must work together to lift the skis and move them forward as they walk
- No one may grab the rope below the handles
- If you step off, you must start over

## Variations

- Use Blindfolds for half the players
- Have them traverse an obstacle type course

## Sample Debrief Questions

- What was it like to work together on this?
- What were some major challenges?
- Did you have to start over? Why?
- What would you do differently next time?

# The Cube



## Materials

- 4 foot long pvc pipes in a cube
- Bucket or crate for it to sit in

## Activity

- Get in and out of the cube using the planes and without touching the cube
- Each combination of plane may only be used 1 (30 possible combinations)
- If the cube falls, the entire group must start over

## Variations

- For smaller groups only allow each entrance to be used once and/or exit used once

## Sample Debrief Questions

- What were some issues to consider before even starting?
- What type of planning took place?
- Who was involved in the planning?
- What were some reactions as you went through the cube?
- Did anyone venture outside the plan? Why?
- How did you keep track of entrance/exit combinations?

# Egg Drop/Bball Bounce



## Materials

- Plastic Drinking Straws (20 for each team)
- Masking Tape (30" for each team)
- Raw Egg OR Basketball (1 for each team)
- Scissors (1 for each team)
- Tarp or place outside for the mess

## Activity

- The task is to design a delivery system that will protect the raw egg dropped from a predetermined height OR have the shortest bounce of the basketball
- You can only use the straws and tape
- Give each team about 45min to design and build
- Everyone gets to watch each egg be dropped, but no one can change or add to their design after the 45 min.
- Printable Recording Sheet: <https://bit.ly/2po37sw>

## Variations

- More points for using less material
- Instead of just surviving, give them more/different materials and attempt to make something that will take the longest to land

## Sample Debrief Questions

- How did you agree on a design?
- Was there a leader?
- Was everyone involved?
- Did you finish early? Not finish?
- What would you do different next time?

# Escape Room



## Great Resources:

- *How to Create a Low Cost Escape Room*  
- Curt Jackson <https://goo.gl/1pSJNq>
- *Complete Walk Through of My Escape Rooms*  
- Christopher Kallal [iheartcamp.org/stealthis](http://iheartcamp.org/stealthis)
- *Steal This: Ideas of Escape Rooms and Puzzleness*  
- Christopher Kallal [iheartcamp.org/stealthis](http://iheartcamp.org/stealthis)
- *101 Puzzles for Low-Cost Escape Rooms*  
- Curt Jackson <https://rb.gy/18x1eu>

## Why Build an Escape Room?

- **DEVELOPS PROBLEM-SOLVING SKILLS**
  - Players are solving a variety of puzzles, from cryptic messages to riddles to physical puzzles and more.
  - Finding solutions to these problems helps build a player's problem-solving skill set.
- **DEVELOPS CRITICAL THINKING SKILLS**
  - Often players must take the answers from different puzzles and combine them to solve a mystery.
  - Analyzing and interpreting clues in an escape room game will help players think critically in an enjoyable format.



- **DEVELOPS INFERENCE SKILLS**

- Google the word 'inference' and you'll find the definition to be "a conclusion reached on the basis of evidence and reasoning". In short, you could say it's "reading between the lines".
- Players will use clues from the game and combine that with their own experience to come to a logical solution.
- Inference skills are important for children. It is a high-order skill that gives them greater comprehension.

- **PROMOTES CREATIVE THINKING**

- Not only do escape rooms help develop problem solving skills, they also promote creativity as many puzzles and clues found in these games are not as straight forward as putting together a jigsaw puzzle.
- Players will often need to think creatively, think outside the box.

- **ENHANCES COMMUNICATION SKILLS**

- Often in escape rooms, the players divide into smaller groups to tackle different puzzles and search for items and clues. Since there is a time limit, this makes strategic sense.
- However, sometimes what one group discovers from a puzzle or clue will be needed by another group on a puzzle they're working on. Therefore, communication is important when it comes to finishing an escape room game on time.

- **CHALLENGES PLAYERS TO PERSEVERE**

- Escape room games are challenging in nature. It is the challenge that makes finishing them so rewarding. But, puzzles have a way of being a bit frustrating at times.
- They test your perseverance, a good trait to have.

- **PLAYERS LEARN TO WORK UNDER PRESSURE**

- The clock places pressure on players. Life challenges all of us often and in different ways.
- Learning to deal with pressure in a safe environment is beneficial for anyone.

Escape Rooms are a blast and a great addition to any Camp or Retreat Center. If you're still not so sure, Grab a group of friends and go play a commercial one. I guarantee you will be talking about it for weeks after. The same can be true of the Escape Room at your location. Campers will love and be talking about for quite some time!

# Giant Labyrinth



## Materials

- 4x4 sheet of plywood or panel with holes large enough for golf ball to escape, but still room for golf ball to make it around
- Using small pieces of PVC pipe, attach to plywood in a maze pattern
- Attach eyebolts to side and add 3ft of paracord string for participants to hold onto.

## Activity

- Each Team member must hold the string at the very end (put a knot about 6in from end to help with this)
- Get the golf ball off the starting point and through the maze to the end without falling off or through a hole
- If Golf Ball leaves the maze, you must start over

## Variations

- No talking
- Non-Dominate hand
- Only 1 person with eyes open

## Sample Debrief Questions

- What were some things that made it easier? Harder?
- Did you feel you were in a spot that helped or did you feel your rope position was worthless?
- Was there a leader?
- Did you start with a plan?

# Giant Tangrams



## Materials

- Giant tangram set made from paneling or cardboard. Use this site for measurements: <https://rb.gy/8gpn51>
- Tangram puzzles downloaded from internet <https://rb.gy/yhwn4s>

## Activity

- Team will choose a puzzle and attempt to make it
- Everyone must be involved

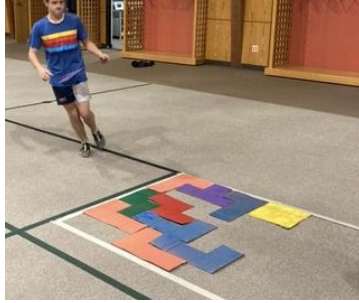
## Variations

- No talking
- Only 1 person with eyes open

## Sample Debrief Questions

- What were some things that made it easier? Harder?
- What sorts of communication did you use? Should have used?
- Does anyone feel responsible for success? Failure?

# Giant Tetris



## Materials

- Tetris pieces made from cardboard or paneling. Each block or the piece is 6"x6" (about 30 pieces per board)
- Tetris shapes found here: <https://tetris.wiki/Tetromino>
- Masking tape to tape off floor area 7ft x 4ft

## Activity

- Choose a leader to blindly hand out pieces
- Once they get a piece, players run down and place it on the board. They have 3 seconds to set it down or the moderator gets to put it where they want
- Play until each team places a piece that overlaps the top of the board.
- Points for every "completed" line

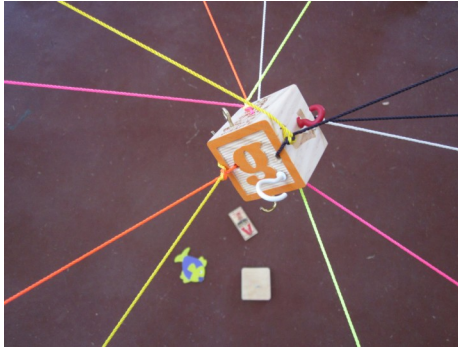
## Variations

- Instead of running, could have all players surround board
- Play like Team 3 or Team Lego-ing where you have a player who can see the piece and talk hand it to player who can see but cannot talk hand to player to cannot see, but can talk who must place it on board

## Sample Debrief Questions

- What were some things that made it easier? Harder?
- Did you start with a plan?
- Did you feel rushed? What good/bad decisions did you make because of that?

# Goin Fishin



## Materials

- Block with 12 strings coming off of it and 1 hook per side of block (6 hooks of variety)
- Multiple objects that can be "hooked"
- Rope or tape to section off "no-man's land" where objects are, but players not allowed to enter

## Activity

- Each Team member must hold the string at the very end (put a knot about 6in from end to help with this)
- Get as many items "hooked" and brought to designated area in time limit provided

## Variations

- No talking
- Only 1 person with eyes open
- Use non-dominant hand

## Sample Debrief Questions

- What were some things that made it easier? Harder?
- Did you feel you were in a spot that helped or did you feel your rope position was worthless?
- Was there a leader?
- Did you start with a plan?

# Gutterball



## Materials

- 1 foot lengths of 2" or 3" cut in half lengthwise (need at least 1 per player)
- Golf ball

## Activity

- Use the gutters to transport the golf ball from starting line to finish (at least 20 yards away)
- Ball cannot touch anything other than gutters
- Gutters cannot touch each other
- Players may touch ONLY their own gutter
- If ball falls, start over

## Variations

- 2 gutters per person (your 2 gutters cannot be next to each other)
- 2 people per gutter
- 

## Sample Debrief Questions

- Did anyone else want to be the first person? Why?
- What was the group reaction to dropping the ball?
- What problem solving happened after a drop?
- Were people moved to different spots? Why?

# Laser Maze

## Materials

- White rope to signify the sides/ boundaries
- Red rope to signify the lasers
- Tie red ropes all over to make a spider web type maze (make sure holes are large enough for participants to fit through)
- Cut several 1ft long 1in dowel rods



## Activity

- Entire group must get through the maze without touching a red "laser"
- No lifting of people
- NO running and diving through holes!
- You cannot crawl the entire way. If you go under all laser beams at one point, the very next must be over
- Sticks can only be used to help others. If you help yourself, it will be taken away.
- Stay inside White Borders

## Variations

- All must follow one leader
- Go through holding hands, don't worry about sticks or lasers, and only leader can see

## Sample Debrief Questions

- Did anyone get left behind? What did that feel like?
- Did you make a plan or just go for it?
- What would have helped to make this easier?

# Mass Pass/Group Juggle



## Materials

- 4-8 tennis balls
- 4-8 soft objects of random sizes participants can toss to each other

## Activity

- Form a circle
- Choose one to start. They will say another person's name (cannot be right next to them) and then toss the 1st tennis ball to them.
- That person will choose another person (not next to them), say their name, and toss the ball to them
- Continue until everyone has it.
- Now start over and have the EXACT same order
- After success, add a tennis ball every couple seconds
- After success, add random objects every couple seconds

## Variations

- Try one round backwards
- Do tennis balls forward and objects backward
- Have the team members rotate spots, but still follow same order

## Sample Debrief Questions

- Were there any mistakes?
- What were some of the responses when someone made a mistake?
- What caused the mistake? How was it corrected?
- Did you team improve? Why? <sup>66</sup>



# Minefield



## Materials

- A bunch of small objects or poly spots
- Blindfolds for half the group
- Beginning and end lines

## Activity

- Blindfold half the team
- Create a mine field with all the objects. Make sure they are random
- The blindfolded person must walk across the field getting help from a seeing partner who is at the beginning line
- If the field is large enough, send all blind partners at once

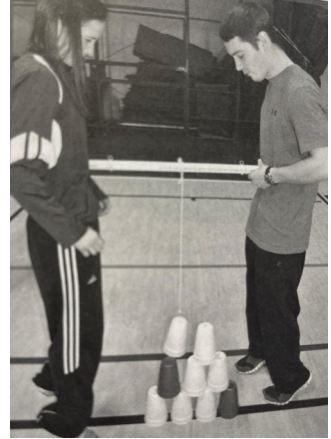
## Variations

- Every command means opposite
- Work in threes. 1 seeing and 2 blind

## Sample Debrief Questions

- How did you communicate?
- Did you learn anything about each other?
- How did each person feel when the blind partner touched a mine?
- Was the trust level affected after a touch?
- What was it like to succeed or fail?

# Overhead Crane



## Materials

- 3 feet of 1 inch diameter PVC pipe that has a 3ft rope tied in the middle with an S hook on it (1 per pair)
- 10 plastic cups with eye bolts out the bottom (1 set per pair)

## Activity

- The goal is for each partner group to build a tower with the cups
- Have each pair press the crane between them at a comfortable level above the waist line
- They can wrap the rope around the pipe so that the S hook is just above the height of the cups
- Once they start, they cannot touch the cranes with their hands (unless needed for stability)
- They must maneuver themselves so that they pick up the cups and create a tower with 4 at the base, 3 above, 2 above, and 1 at the top

## Variations

- Blindfold 1 crane operator

## Sample Debrief Questions

- What was your thought process?
- At what point did you finally "figure it out"?
- Was there something your team did that made it easier? Harder?
- Did you have any roles on your team?

# PVC Balloon Pop

## Materials:

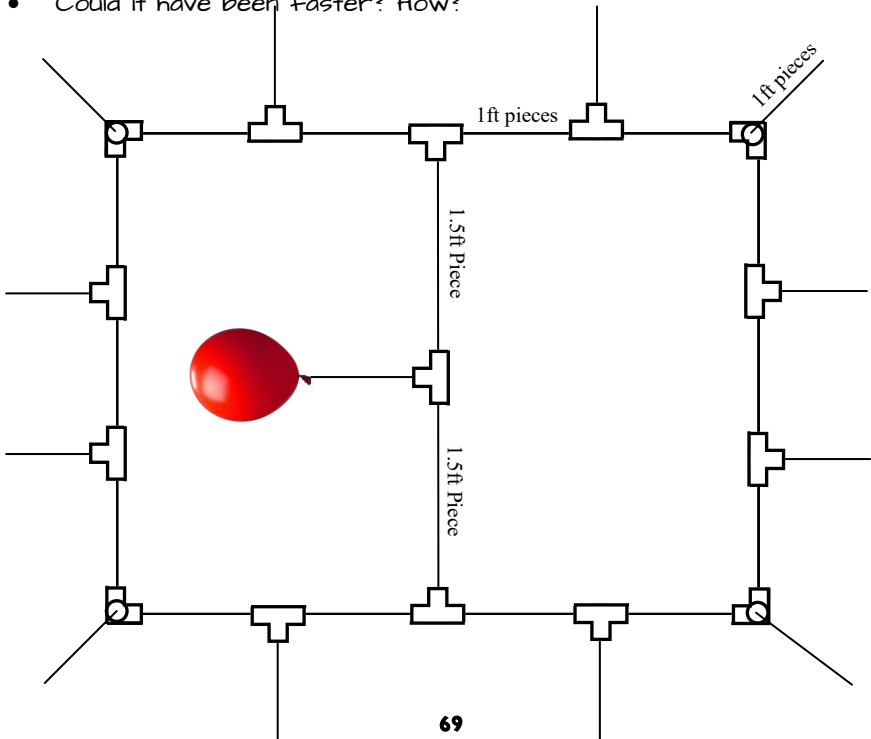
- 1ft pieces of 1/2" PVC Pipe (25 per team)
- 1.5 ft pieces of 1/2" PVC Pipe (2 per team)
- 11 Three-opening connectors
- 4 Side Outlet Elbow connectors
- Balloon

## Activity

- Connect the pieces as show below
- Put the balloon on the middle pipe and everyone else blows in the other pipes to blow the balloon and pop it

## Sample Debrief Questions

- Where you successful? Why? Why not?
- What were some choices you made to complete this?
- Could it have been faster? How?



# PVC Building

## Materials

- 1/2" PVC (50 random Pipes and Connectors)

## Activities

### **X Marks the Spot!**

Using as many parts as necessary, create a continuous connection between each of the X's marked with masking tape on the floor, walls, or even the ceiling. For added complexity, the pvc tubing may only touch the floor at the X's.

### **Blind Artist**

Have one team assemble about 15 pieces of their kit into some shape, and then have another group (wearing blindfolds) attempt to reconstruct a similar shape with their own pieces, using only their sense of touch to identify which pieces have been used in the original design.

### **Tallest Tower**

Using any 10 (or 20 or 30 pieces) create the tallest tower possible, with only 3 points of contact with the floor. If you are limited by vertical ceiling height, require each tower to hold something (like a roll of duct tape) at the top. This added weight will require a shorter, stronger tower. For a final test of the engineering of this tower, use an electric room fan to see which towers can hold up to a strong Wind.

### **Human Arch**

Using the least number of pieces possible, create an arch, so that all members of the team can easily walk through the arch, Without bending over.

### **The Bridge**

Using all the pieces, construct the longest bridge-like shape possible, with no more than 3 PVC pieces touching the floor. Or, for a more complicated bridge, place two tables 10 feet apart, and now construct a bridge that touches both tables, and supports the weight of a book, basketball or other useful object.

## Jump Ball

Create a human-looking basketball player (complete with feet, legs, body, arms and head). The sculpture with the tallest vertical reach wins the jump ball.

## Statue

Create a variety of human or animal shapes (sitting, running, riding a horse, lying down, standing at attention, swimming, surfing, cycling, throwing a boomerang, cooking an omelet, throwing a baseball, etc.

## PVC Christmas Tree and Ornaments

An activity for young children. Have team members create an ornamental tree, complete with branches, and then decorate with ornaments and a star.

## The Box

Use as many parts as necessary to construct a box around some unusually shaped object (such as a rocking chair, stuffed animal, tent..)

## The Network

Possibly one of the most difficult team activities. Using all the PVC tubes and connectors, create a single, interconnected shape with the tubes, so that no openings are left (i.e. each tube will be capped by two connectors, and each connector will have a tube in each opening, and the whole shape will be connected together). It is moderately difficult to create a 3-D shape that will accomplish this task, it is even more difficult to create a 2-D (i.e. flat on the floor) shape that accomplishes this task. For a still harder version, once connectors and tubes are assembled, each connection is permanent - this should invoke the need for some advanced planning.

## The Goal Post

Construct a football style goal post, or a soccer goal, or a basketball hoop and stand, and then launch a balloon or lightweight ball towards the goal.

## Spelling Bee

Using as many pieces as possible, construct letters of the alphabet. Then once all available parts have been turned into letters, use these letters to spell as many words as possible.

## **Two Way Bridge**

With two groups (and two kits), begin this activity by locating each group on the opposite side of a folding wall, divider, or curtain, so that they may talk to each other, but not see what the other group is creating. Now have each group build one half of a bridge structure, so that when the divider or curtain is removed, the bridge will exactly come together. This task requires a bit of patience, and clear communication.

## **A Tree in the Forest**

Using only 10 parts (tubing and connectors) create the tallest "tree" possible. Trees compete for sunlight and water, and must withstand wind to survive in a mature forest.

## **Bullseye**

Place an archery or BB gun target on the floor about 12 feet in front of a boundary line. Using one bag of PVC Tubes, the team must create a device to place the PVC cap exactly in the center of the target, without stepping over the line.

## **Furniture Infomercial**

Construct the perfect piece of outdoor furniture, filled with special features, and perhaps some optional equipment, and create a 1 minute infomercial to sell your product on the cable shopping network. Don't forget to mention the price, the selling features and the website address of your furniture company.

## **Limbo**

Construct a long pole and two identical height stands, add music, and measure the lowest level that all members of the team can successfully pass.

## **Narrow Passage (3-D Spider Web)**

Using as many pieces as possible, construct a three dimensional "box" through which all members of the team must pass, without touching any of the PVC on the way. Team members must be in contact with at

# Skyscraper



## Materials

- Build your own out of 4x4s, paracord, and thick metal wire (or hanger)
- Or buy a set here <https://rb.gy/eszdgf>

## Activity

- Players will hold onto the ends of the cords
- As a team, they must pick up the blocks and attempt to stack them as tall as possible

## Variations

- no talking for leader people
- Write words on the blocks and have the group stack them according to importance

## Sample Debrief Questions

- What score out of 10 would you give us for the way we worked together on that exercise?
- In what ways specifically did we work well together?
- What specifically could we have done better that might have made the outcome even better?
- How did it feel to all work together towards a common objective?

# Soma Cube



## Materials

- Build your own with instructions here <https://rb.gy/7aecwb>
- Or buy from here: <https://rb.gy/wzci0x>

## Activity

- Set out the pieces and have the group work together to form the cube shape
- Make sure all participants are involved
- If anyone is "leading" too much, take away their voice or this is also a great time to use the Curses Thumb Ball found in the Extras of this book

## Sample Debrief Questions

- Was the Team successful?;
- What was fun about this?
- Did everyone have a job/task?
- Was there a leader?
- What consequences did the team have to overcome from the Thumb Ball?
- How can we use this lesson in life?



# Space Turtles



## Materials

- Foam squares or poly spots (1 less than number of players)
- Tape, rope, cones, way to mark beginning line and end line

## Activity

- Pass out the squares and inform all players these are space turtles. They are very skittish and will fly away if they have no physical contact with a human
- Their goal is to traverse from the beginning line to the end line, but everything in-between is outer space.
- They must use the turtles to hop on to get across. Anyone who's feet touch the ground (outer space) will be eliminated
- After they start, keep an eye on the turtles. If there is ever one without physical contact, take it away and say that it flew away

## Variations

- Group must carry cups of water and fill a bucket at the end line
- Use Curses Thumb Ball often in this game

## Sample Debrief Questions

- What type of planning took place? Who was involved?
- How did you feel if you lost a turtle?
- How did you feel about someone else who lost a turtle?
- How was frustration dealt with?
- What changes were made along the way?
- Was there encouragement from the team?

# Spider Web

## Materials

- 2 poles or trees about 6 feet apart
- Add eye bolts on each tree going towards each other at every foot
- String Rope through bolts and to others to make a spider web design (make sure holes are big enough for participant to get through)
- Add Jingle Bells to know when rope is touched



## Activity

- Get entire team or long rope through the web without touching it
- Each Team member must stay on the "starting side" until they pass through the web, then they need to stay on the "ending side" for the remainder of the time.
- When passing a Team Member through a hole in the web, the person must be laying on his/her back going through the hole head first with his/her arms crossed in front of their chest. The person must stay as stiff as a board for best support.
- Each hole of the web, including the bottom of the web along the ground, may be used 3 times each. After 3 times, that hole is closed.
- If anyone touches the side, everyone must start over.
- NO running and diving through holes!
- NO throwing team members over the top!

## Variations

- Only the person who touches the web must return to the other side
- Complete the task within a time limit
- Limited number of free passes
- A hole will close if it is touched
- Only 1 person through each hole

## Sample Debrief Questions

- What type of planning took place? Who was involved
- What reactions surfaced while being passed through? Did you feel safe?
- How did the group support?
- What were the levels of involvement from everyone?
- What factors determined the order of going through?

# Tennis Ball Traverse

## Materials

- 2" metal O-Ring (3 total)
- 10ft Paracord strand (30 total)
- Tennis Ball (3 total)
- Foot long 1 1/4 pvc pipe (3 total)
- 1 1/4 Socket PVC Flange (3 total)
- 1 1/4 pvc pipe to make Candelabra



## Activity

- Tie 10 paracord strands onto o-ring
- Tie a knot in each strand opposite o-ring (about 6in in)
- Put foot long pvc in flanges and make 3 Golf Tees
- Put o-ring over Golf Tee and spread out paracord strands
- Place tennis ball onto of each tee
- Have each person grab a strand (behind the knot)
- Start the Activity
- Round 1: The goal is to just lift the tennis ball off the Tee and place back down
- Round 2: The goal is to lift the ball, rotate the entire group and place back down (at the same time as the other teams)
- Round 3: The goal is to lift the ball, switch to another groups Tee and place back down (at the same time as the other teams)
- Round 4: (requires the Candelabra) The goal is to lift the ball and place on one of the spots on the candelabra (at the same time as the other teams)

## Sample Debrief Questions

- How did the group work together?
- What happened when someone didn't listen?
- Do you listen to yelling? How did you feel about it?
- How did you feel about the people who caused failure?
- What did you do to overcome those failures?

# Toxic Waste



## Materials

- 2 Five Gallon Buckets
- A Bungee Circle with 10 ft ropes attached
- Tennis balls (or water for outdoors)

## Activity

- The goal is to move the bucket of toxic waste (tennis balls) from the "radiation zone" (area about 30-50 feet away to the "neutralization chamber" (other bucket) within the 15 min time limit
- Players must use the ropes and hold at very end
- They must then stretch the rope over the bucket of balls and then carry it over and dump in other 5 gallon bucket
- If someone goes within the 10 feet ropes, or a ball drops, the whole game starts over

## Variations

- Blindfold some people
- Put obstacles in the way
- Don't have the bungee circle and ropes together already

## Sample Debrief Questions

- How did the group work together?
- What happened when someone didn't listen?
- Do you listen to yelling? How did you feel about it?
- How did you feel about the people who caused failure?
- What did you do to overcome those failures?

# Trash Collector

## Materials

- A lot of small objects or poly spots
- A few blindfolds and large bags

## Activity

- Split into 4s
- Give each team a blindfold and large bag
- Each team will choose a trash collector who is blindfolded
- That person must go out on the field and collect the objects
- The team will hold the bag and stay outside the playing field
- Sighted players cannot touch any trash, but can verbally tell the collector where to go
- The collector cannot be touched by any sighted players
- Try to collect more than any other team

## Variations

- Have a few items designated as Freezer objects. When a collector touches one, they must count to 30 out loud before moving again.
- Switch collectors every 5 pieces

## Sample Debrief Questions

- How did you choose your collector?
- What system of communication was effective?
- Who did what on your team?
- Did anyone do nothing?
- What trust was involved in this game?
- How did you feel if you touched a freezer object?

# Zero Peripheral



## Materials

- A lot of small objects or poly spots
- Large Construction paper that can be taped so that it makes a cone (see picture)
- Yarn to tie cone to face

## Activity

- Every player puts on a peripheral cone
- The goal is to pick up as many objects as possible
- If any player touches another player, they both must stop for 30 seconds
- Player who get the most brought back to his home base wins

## Variations

- Have a few items designated as Freezer objects. When a player touches one, they must count to 30 out loud before moving again.

## Sample Debrief Questions

- How did you feel when you couldn't see very well?
- What was some of the bigger picture you were missing?
- Did you focus effect other things?
- How does this apply to real life?

# TABLE TOP TEAMBUILDING

## CAMPFESSION

SKITS ARE JUST AN EXCUSE  
FOR STAFF TO DUMP WATER  
ON EACH OTHER

# Blind Spelling



## Materials

- Wooden letter from Hobby Lobby
- Blindfolds

## Activity

- Every player puts on a blindfold
- You can pass out the letters or have them on a table in front of players
- Players cannot touch more than one letter at a time
- Players will then attempt to spell a word using just 1 letter per player.
- More points for longer words

## Variations

- Don't allow players to say what the letter is, only the sound it makes

## Sample Debrief Questions

- Was there a leader?
- Did it help to have someone telling you what to do?
- Did you want to go your own way and ignore the leader?
- In real life, do we choose to do that sometimes?



# Climer Cards



## Materials

- Climer Cards <https://climercards.com/>

## Activity

Cards have 2 sides for multiple activities

### Story Time

- Sort into groups of 4-5 and Give everyone a card
- Tell the groups to take about 5 min to develop a story using every card (image side)

### Get 20

- Sort into groups of 4-5 and Give everyone a card
- Use the numbers on your cards (shape side) to design a math equation that equals 20. You must use every card in your group

### Get it Back

- Have everyone stand in a circle and give everyone a card
- Tell everyone to look at their card and remember which one is theirs
- Tell have everyone start mingling and trading cards with people.
- When the leader yells "Get it Back", continue trading cards

until you get yours back. Once you have your original card, step outside of the group and begin to form a circle until everyone has their card back

- Play again, but this time focus on where your card is at to see if we can get it back faster

### Metaphor Prompts

- Have several prompts ready (see examples below)
- Spread out the card image side up on the table
- Tell the group that they will choose a card based on what you say and then they will share
- Then start the prompts:
  - choose a card that symbolizes leadership
  - choose a card that symbolizes how you feel after the last activity
  - choose a card that symbolizes teamwork
  - What you think is important
  - your style of \_\_\_\_\_
  - your view of \_\_\_\_\_

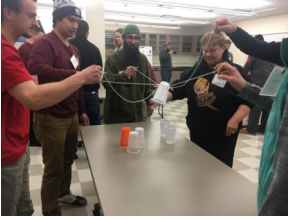
### Reflections

- Use the cards as a debriefing tool
- Get into groups of 4-5 and spread out several cards in front of the groups
- Tell the players to select a card that represents something they learned today, something they want to remember, and a takeaway from the experience. They have them share with their group

### Sorting Game

- Spread out the cards on the table image side up
- Tell the group that when you say "go" they will grab a card and look at the other side and then find everyone else in the room that is has the same \_\_\_\_\_ as them.
  - by numbers
  - by colors
  - by shape
  - in pairs where their cards add up to at least 5

# Contraption



## Materials

- 6 cups: Cup size is up to you. I use Red Solo Cups (but in all the fun different colors)
- Cup Carrying Device: - it's a rubber band/hair tie with multiple strings coming out. (see picture on above)

## Activity

- Everyone on team holds one string (at the end) with one hand
- No one can touch the cups, only the Cup Carrying Device.
- Level 1: Unstack the Cups - All 6 cups will be stacked together (like how they come in a bag) and your group must get each one unstacked
- Level 2: Flip Over - Now that they are unstacked, you must flip them each over (like a normal cup)
- Level 3: Make a Pyramid - Cups must now be stacked with 3 on bottom, 2 in middle, and 1 on top
- Level 4: Tall Tower - stack your cups into 1 single tall tower.
- Level 5: - Transport - Flip a cup so that it's upside down, have 1 person use their hand to put a ping pong ball on top (which is actually the bottom of the cup), and now the whole team must use the contraption to pick up the cup and walk around the room before dumping it into one of the empty cups on the table. (the more obstacles you can make them climb over, the more fun it is!)

## Sample Debrief Questions

- How did the group work together?
- What happened when someone didn't listen?
- Do you listen to yelling? How did you feel about it?
- How did you feel about the people who caused failure?
- What did you do to overcome those failures?

# Flip Cup Tac Toe



## Materials

- 20 Red Solo Cups (2 different colors, 10 of each)
- Masking Tape
- Table

## Activity

- Use masking tape to tape off a Tic Tac Toe Board (big enough for the cups to be the Xs and Os)
- Have players line up side by side in 2 different team lines
- Each player will flip the cup from the table edge. When it makes a complete flip and lands correctly, they may place it on the tic tac toe board.
- After they place the cup, they go to the back of the line and it becomes the next players turn.
- Go until 1 team wins

## Variations

- Must switch players after every try
- Flipper is blindfolded
- Bigger tic tac toe board
- Allow players to mess with other team

## Sample Debrief Questions

- Who thought this would be easy?
- If you won, was there a strategy?
- If you fell short, did you get discouraged?
- How did you overcome the anxiety of the game?

# It's All in the Cards

## Materials

- A deck/decks of playing cards. There should be enough so each participant has one card.

## Activity

- Each participant should receive one playing card.
- Explain that the participants will be asked to group themselves by a few different categories.
- Introduce the categories one at a time. Once the whole group has completed that grouping, introduce a new category. They are progressively harder.
  - Category #1: Have all participants group themselves by the color of their card. You should have two groups - red and black.
  - Category #2: Ask the participants to group themselves by suit.
  - Category #3: Ask the participants to group themselves by the number on their face card.
  - Category #4: Attempt this sort if you feel like you have the time (at least 10 minutes for this category). Ask the participants to group themselves so that their cards together add to 21. An ace can either be a 1 or 11.

## Sample Debrief Questions

- How did you feel when the activity started?
- How did you feel about switching groups with each category?
- Did you meet and interact with people you might not have?
- What was difficult about finding a group totaling 21?
- What did you notice about other participants that were moved into, or out of, groups?
- What opportunity do you have to see yourself are part of more than one group in your workplace?

# Itzi Categories



## Materials

- Itzi Cards <https://rebrand.ly/0sv6lan>

## Activity

- Make a pile of the letter cards and a separate pile of the category cards
- Put players into teams of 6
- Give each player 1 letter card and tell them to pick a side and stick with it (no changing after game starts)
- Give each group 2 category cards
- Have 1 player read 1 of the category cards and each player must use a letter from their letter cards to answer. Once everyone in the group is done, shout "itzi"
- Now have someone read the other category, and players answer with their letter card, BUT they cannot use the same letter as before
- Continue on reading all 4 categories

## Variations

- See if players can use all 4 of these letters on each category
- Allow them to use all 8 letters

## Sample Debrief Questions

- Did anyone help you in your team?
- What happened as you started losing letters?
- How does that apply to real life as we lose resources (finances, staff, etc)

# Key Punch



## Materials

- 1 suit of cards spread out on table

## Activity

- 3 people per team
- Can only use index finger on dominant hand
- Must, in turn, touch each of the cards in determined order. (numerical, odds, evens, backwards, etc.)

## Variations

- add another suit and then make sure you don't cross over suits
- Attempt to beat your "high score" time each time
- Use poems, Bible verses, planets, alphabet etc instead of cards
- Go in reverse order

## Sample Debrief Questions

- What was fun about this game?
- Did you do better each time?
- In real life, when we practice something, how does that help us?
- What happens if things get reversed?

# Memory Test

## Materials

- Everyone will need a pen and paper
- You will need the list below

## Activity

- Instruct participants that they need to listen to a list of words, then try and recall every word that is said. Read off the following list of 17 words in order, do not change the sequence. One word is repeated 3 times

- |             |               |            |
|-------------|---------------|------------|
| 1. Dream    | 7. Nod        | 13. Night  |
| 2. Sleep    | 8. Tired      | 14. Alarm  |
| 3. Night    | 9. Night      | 15. Nap    |
| 4. Mattress | 10. Artichoke | 16. Snore  |
| 5. Snooze   | 11. Insomnia  | 17. Pillow |
| 6. Sheet    | 12. Blanket   |            |

- Do NOT go over all the words yet. Ask them how many they ended up with. Then ask the questions below

### 1st and Last Word:

- Ask participants if they got Dream and Pillow. They are the first and last things you said. Participants will remember the first thing you say and the last thing you say

### Surprise effect:

- Artichoke. Almost everyone will get this. People remember surprise. Throw in something different here and there. It could be the way you say something (change your tone, enunciate a key word, throw in a joke)

### Repetition effect:

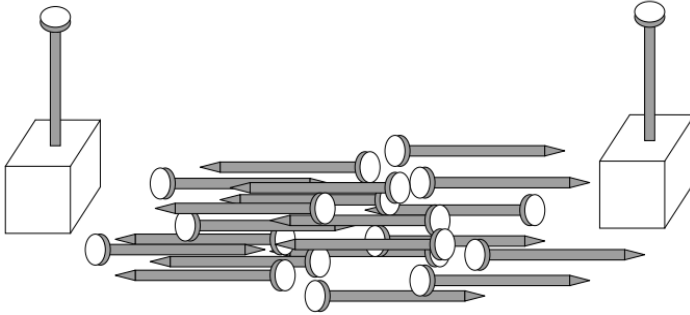
- Ask if they got the word "Night". It was repeated three times. Repeat really important directions multiple times.

### False-memory effect:

- Ask if they got the word "bed". It was not a word. People will fill in the gaps with associated things. If someone is uncertain of a rule or direction, they will fill in with something similar.



# Nail Puzzle



## Materials

- 16P nail lightly pounded into a 1 inch x 1 inch x 1 inch cube of wood (2 of these)
- 20 more nails free

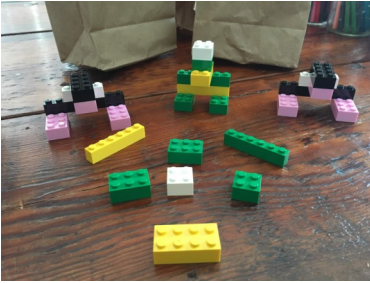
## Activity

- Place these two blocks 7 to 10 inches apart.
- Place 20 more nails in the space between the two cubes.
- The goal is now to create a bridge between the two nail heads, using the 20 extra nails, so that the bridge nails touch only the heads of the two tower nails, and not the wooden cubes or the table surface.

## Sample Debrief Questions

- What strategy did you have?
- Did you play before you started?
- How did you team communicate?
- Was there a leader?
- Did anyone feel not heard?

# Team Lego-ing



## Materials

- 2 exact sets of legos per team. 1 set will be put together in some fashion in a box, or paper bag (somewhere it can be hidden from other) while the other is all separate pieces on the table

OR

- \* Buy Team 3 game and follow rules <https://rebrand.ly/e13c86n>

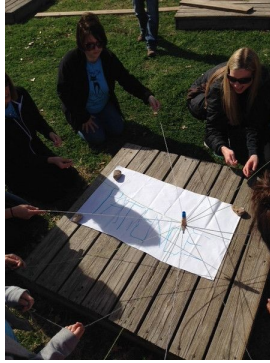
## Activity

- 3 people per team
- 1 person gets the bag and can see the assembled lego, but has his back to everyone else.
- Middle person can see 3rd person and what he is doing, but cannot see the assembled lego. He also cannot touch any of the legos.
- 3rd person is blindfolded and cannot see anyone, but is in charge of assembling the separated pieces to look like what's in the bag. He will be aided by the voice of the middle person

## Sample Debrief Questions

- Was your team successful?
- What was it like not knowing what was going on?
- How well did you communicate?
- If we did it again, what would you do differently?

# Team Signature



## Materials

- Small whiteboard
- White board marker with 10+ strings tied to it

## Activity

- Each player holds onto a piece of string at the end
- The goal is to write a name (pick someone with more than 5 letters) on the board
- Players may not grab the string closer to the marker
- One-handed only
- No moving the whiteboard

## Variations

- get some Pictionary cards and have them choose a card and draw the object on the card

## Sample Debrief Questions

- What suggestions were made?
- Were there ideas dismissed or unrecognized?
- What was challenging about working together?
- What did you feel you contributed to the team?
- If we did it again, how would you do it differently?

# Telephone Art



## Materials

- Small Whiteboard
- Simple Drawing on paper

## Activity

- This activity is similar to the telephone game played as children with a few exceptions
- Have all players in a line facing the same direction
- The leader in the back of the line will see the simple drawing and then, using his finger, draw it on the back of the person in front of him. Players may ask for ONE re-draw only.
- Player Two will then draw on the back of the person in front of him
- This will continue down the line
- The final player will draw it on the white board and then compare to original simple drawing

## Variations

- Move people around and let different players be in different locations
- Make the actions harder each round

## Sample Debrief Questions

- Where did the actions/communication start to break down?
- Why did it break down?
- Could players have done something different so the "Communication" did not break down?
- What is something you can do to make sure others clearly understand your communication?

**EXTRAS**

**CAMPFESSION**

**THERE IS ALWAYS SOME  
WEIRD FAD EVERYONE IS  
INTO AT CAMP**

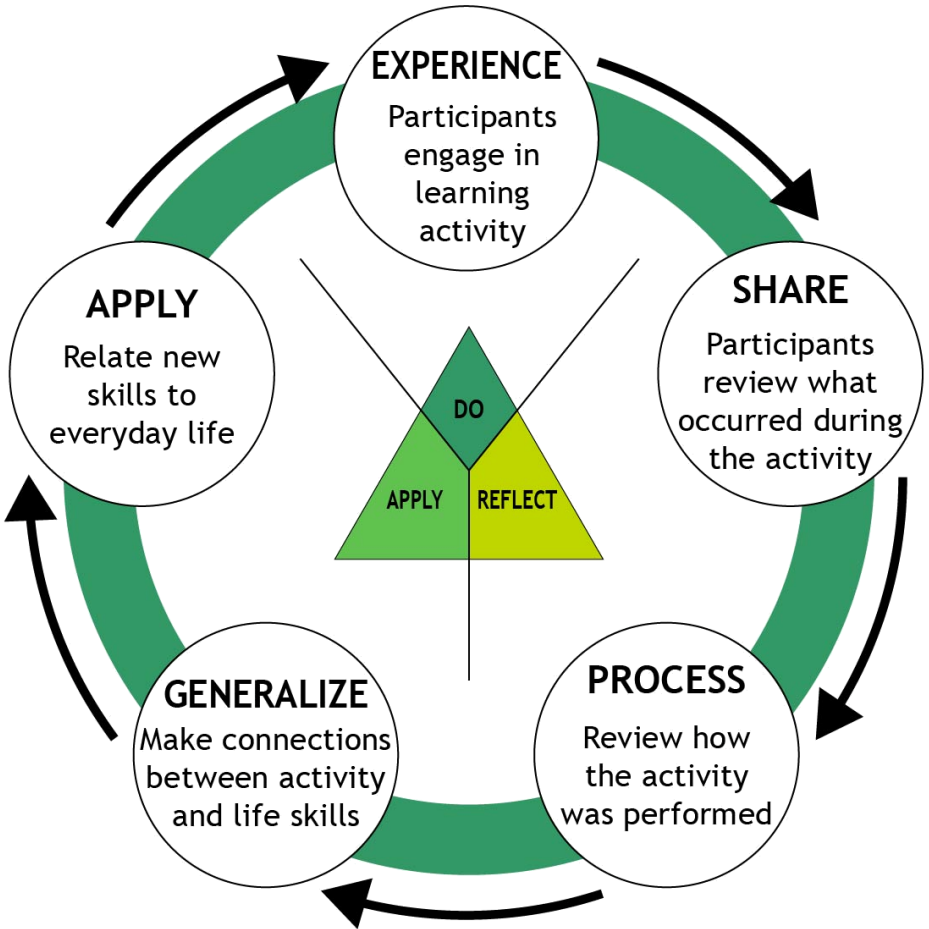
# Curses Thumb Ball

- Get a Plain Soccer ball <https://rebrand.ly/11etqa5>
- Either use the Curses Board game or search online for curses ideas
- Write different curses on each of the hexagons
- When you toss the ball to players, wherever their right thumb touches, they must obey that curse for the remainder of the activity

# Together Tube

- Buy a Sci-fi tube <https://rebrand.ly/8ca90f>
- The tube must have a complete connection for it to light up and make sound
- Invite your group to stand or sit in a circle.
- Conduct a brief discussion on the value of connection. Why is it important? What are the benefits of being connection to a group or an individual?
- As the facilitator, hold the Sci-Fi Tube in your left hand, making sure you are grasping the metal plate. Ask 'Bob', the person on your left, if he will demonstrate the activity with you. Invite him to grab the other end of the Sci-Fi Tube with his right hand without physically touching you (meaning, no skin to skin contact between the two of you).
- Have everyone hold hands and put the tube between 2 hands
- Show how the tube must have a complete connection to work
- Debrief with this:
  - If everyone is connected to the mission, vision or values of the group, surprising things can happen. If someone disconnects from these it has an effect on everyone else in the group

# Experiential Learning Cycle



# ORID

## Objective Questions (WHAT)

- Invite Sharing
- Build consciousness
- Generate options and possibilities
- Brainstorming and identification of possible solutions is the norm
- Examples:
  - What did you observe? - What individuals did...? - Which actions were addressed? - What did you accomplish?

## Reflective Questions (THEN WHAT?)

- They elicit emotional response and personal reactions
- They invite a deepened level of participation: think, feel, believe)
- Examples:
  - How do you feel it went? - What seemed to work? - What concerns you? - How did you feel as you were...?

## Interpretive Questions (SO WHAT?)

- They invite sharing
- They build consciousness
- They generate options and possibilities
- Examples:
  - What did you learn about yourself? - What could you have done differently? - What insights have you gained?

## Decisional Questions (NOW WHAT?)

- They develop opinions/options/solutions that lead to future actions
- They clarify expectations for improvement for change
- Examples:
  - What things will you do differently? - What things will you do to increase...? - What goals have you set for yourself?



# Rock Stick Leaf Debrief



- Have players go find a rock, stick and leaf
- Get into small groups and have them go over the below debriefing questions together
- Maybe offer for a few to share aloud to group as a whole
  
- **Name something that rocked**
  - what was your favorite part?
  - What was your least favorite?
  - What happened in the activity?
  - How were you treated?
  - What was the outcome?
  
- **Name something that will stick with you**
  - What are some things you learned about yourself?
  - What are some things you learned about your team?
  - What are changes you will make?
  - How will you change your life because of this?
  
- **Name something that you would like to "leaf" behind**
  - How would you do this differently?
  - How did actions affect you?
  - How did you feel?
  - Why do you think that happened?
  - What are you plans/strategies for change?

# Stop Light Debrief

- Using Pony beads, put red, yellow, and green on a key ring
- Hand out to players to use during debriefing time

## RED

- What do I need to STOP doing?

## YELLOW

- What do I need to be CAREFUL of?

## GREEN

- What are things I'm doing well I need to GO for or continue doing?



# Body Part Debrief

- Buy here: <https://rebrand.ly/rixra81>
- Hand out to players to use during debriefing time

## Brain

- What is something new you learned today?

## Lungs

- How was this experience a breath of fresh air?

## Foot

- Identify a step in a new directions for yourself
- How did you make a good impression

## Hand

- Give a hand to someone for a job well done
- What support might you need?

## Heart

- Describe a feeling you experienced
- What did you take to heart?



# RESOURCES

CAMPFESSION

THE CAMPFIRE RING IS A  
SACRED PLACE

# Books

## Complete Ropes Course Manual

By: Karl E Rohnke

Pub: Kendall Hunt (2007)

## Funn Stuff

By: Karl Rohnke

Pub: Kendall Hunt (1996)

## Quicksilver

By: Karl Rohnke

Pub: Kendall Hunt (1995)

## Funn Stuff Vol 2

By: Karl Rohnke

Pub: Kendall Hunt (1996)

## 101 Teambuilding Activities

By: Greg Dale

Pub: Excellence in Perf (2004)

## Find Something to Do

By: Jim Cain

Pub: Jim Cain (2012)

## Cowstails and Cobras 2

By: Karl Rohnke

Pub: Kendall Hunt (1980)

## Rope Games

By: Jim Cain

Pub: Jim Cain (2013)

## Silver Bullets

By: PROJECT ADVENTURE

Pub: Kendall Hunt (2009)

## Lessons of the Way

By: Greg Robinson

Pub: Wood N Barnes (2011)

## Affordable Portables

By: Chris Cavert

Pub: Wood N Barnes (1999)

## Feeding the Zircon Gorilla

By: Sam Sikes

Pub: Learning Unlimited (1995)

## 101 Teambuilding Games

By: Steven Peck

Pub: Healthy Learning (2008)

## 101 Games & Gimmicks for Kid People

By: Steven Peck

Pub: Healthy Learning (2010)

## Team Building from the Toy Aisle

By: Michelle Cummings

Pub: Kendall Hunt (2021)

## Portable Teambuilding Activities

By: Chris Cavert

Pub: Woods N Barnes (2015)

## Teamwork and Teamplay

By: Jim Cain

Pub: Kendall Hunt (1998)

## Book of Raccoon Circles

By: Jim Cain

Pub: Kendal Hunt (2007)

## **Unity Community & Connection**

*By: Jim Cain*

Pub: Healthy Learning (2017)

## **104 Activities That Build**

*By: Alanna Jones*

Pub: Rec Room (1998)

## **Team Building Activities**

*By: Alanna Jones*

Pub: Rec Room (2002)

## **Raptor**

*By: Sam Sikes*

Pub: Doing Works (2003)

## **Executive Marbles**

*By: Sam Sikes*

Pub: Learning Unlimited (1998)

## **The More The Merrier**

*By: Sam Sikes*

Pub: Team Sheets (2007)

## **Teambuilding with Index Cards**

*By: Jim Cain*

Pub: Kendall Hunt (2019)

## **Duct Tape Teambuilding Games**

*By: Tom Heck*

Pub: Life Coach (2009)

## **Big Book of Low Cost Training**

*By: Mary Scannell*

Pub: McGraw Hill (2012)

## **Cup It Up**

*By: Chris Cavert*

Pub: Thompson & Cavert (2017)

## **Team Building A La Card**

*By: Jon Grizzle*

Pub: Jon Grizzle (2017)

## **Playing with a Full Deck**

*By: Michelle Cummings*

Pub: Kendall Hunt (2007)



**CAMPFESSION**  
I WENT TO CAMP EXPECTING  
TO MAKE FRIENDS BUT  
INSTEAD I MADE A FAMILY!

# Websites

**Pinterest** - [www.pinterest.com/chriskallal](http://www.pinterest.com/chriskallal)

Free to set up. Pin great ideas to your own boards. Follow me at:

**Summer Camp Programming** - [summercamppro.com](http://summercamppro.com)

All about summer Camp Programming. Some ideas are free, some cost. You can get involved in Round Tables and then get all the info from them free.

**Camp Group on Facebook** -

<https://www.facebook.com/groups/camppros/>

Over 9,000 members. Great for questions or ideas. Can post a question or search the page. Also has lots of files to download

**Patchwork Marketplace** - [patchworkmarketplace.com](http://patchworkmarketplace.com)

Essentially a teachers pay teachers site. You can upload your own ideas or download others for a cost. Every Tuesday they upload 3 new "free ideas for the week"

**Youth Group Games** - [www.campgames.org](http://www.campgames.org)

Gobs of games listed alphabetically. Also each game is rated to help determine if you want to check it out or not

**Youth Work Practice** - [www.youthwork-practice.com](http://www.youthwork-practice.com)

Huge amount of Youth Resources, games, crafts, and ideas for Youth Workers

**Playmeo** - [www.playmeo.com](http://www.playmeo.com)

Search games based on who you are and what you want your group to do. Easy to use and activities are rated to help determine awesomeness.

**Fun Doing** - [www.fundoing.com](http://www.fundoing.com)

Huge collection of games and resources for teambuilding

**Training Wheels** - [training-wheels.com](http://training-wheels.com)

Online Games Database, Training Seminars, and store for Teambuilding

Games of Yesteryear - [jeusdautrefois.free.fr](http://jeusdautrefois.free.fr)

Page is in French so make sure you use Google Chrome so it will translate. This page has tons of cool games for Gamerooms that someone handy can look at and build for your camp

King of Random - [thekingofrandom.com](http://thekingofrandom.com)

Youtube video instructions on how to make some pretty awesome things for your camp

Download Youth Ministry - [www.downloadyouthministry.com](http://www.downloadyouthministry.com)

Powerpoint games and lessons for youth

Chinese Amazon/Ebay - [alibaba.com](http://alibaba.com) or [aliexpress.com](http://aliexpress.com)

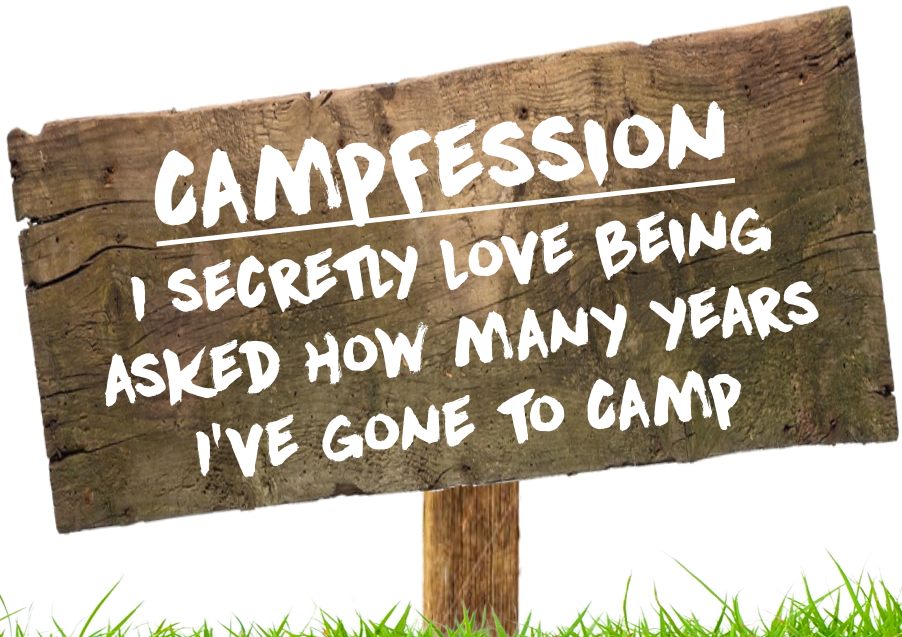
Cheap stuff from China that is very similar to Amazon or Ebay

Wish - [wish.com](http://wish.com)

Another Chinese site with cheap stuff. Also has an app. (Always scroll farther down for cheaper stuff)

Teamwork & Teamplay - [teamworkandteamplay.com](http://teamworkandteamplay.com)

Jim Cain's site of ideas, equipment, trainings, and info for Teambuilding.



# Apps

## Color Hunt - Cody Mace

Cost: Free

Go on a Scavenger Hunt for Colors

## Blocks Rock 3d - Zephyr Games

Cost: Free

Companion to Blocks Rock Game

## Group Games Database - Connected

Cost: Free

Easy reference guide for teambuilding

## Kikori - Kikori LLC

Cost: Free

Games with a Purpose

## Icebreakers - Business Success Pty

Cost: Free

Ton of Icebreaker ideas

## Teambuilding Questions - Kagan

Cost: \$2.99

Icebreaker Questions

## Wacki - Fun Games - COEO

Cost: Free

Games Database

## Icebreakers Party - Social Sloths

Cost: Free

Icebreaker Games

## Grow Games - Stuff You can Use

Cost: Free

Games Database

## TableTopics - UltraPro

Cost: Free

Questions for Icebreakers

# Podcasts

## Scamp Life Podcast

Chris's podcast he co-hosts with Curt Jackson from Summer Camp Pro.

Weekly podcast with tons of ideas each week

## On Team Building

A ton of Teambuilding Ideas from Chris Cavert

## Camp Code

4 seasons worth of Staff Training Ideas!

## Escape Llama Podcast

Escape Room Ideas

## Vertical Playpen

Teambuilding Ideas from High 5 Adventures

## CampHacker

Podcast for Directors. Lots of Marketing

## Team Building Saves the World

Teambuilding Activities

## Ask Chris and Michelle

All about Teambuilding from 2 famous Team Builders



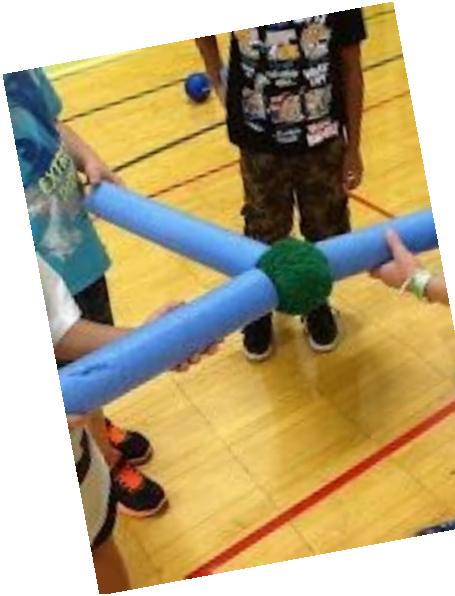
# RANDOM PICS

## CAMPFESSION

THE LONGER YOU WORK AT  
CAMP, THE MORE "FORBIDDEN"  
THINGS YOU GET TO DO









[theartcamp.org/stealthis](http://theartcamp.org/stealthis)

## Steal This Books

Steal This: Ideas of Awesomeness  
(updated: December 2018)

Steal This: Ideas for Outdoor Ed & STEMiness  
(updated: Oct 2019)

Steal This: 50 Ways to Be Awesome  
(updated: November 2019)

Steal This: Ideas of Portableness  
(updated: October 2019)

Steal This: Ideas of Contemporary Craftiness  
(updated: February 2020)

Steal This: Ideas of Virtualness  
(updated: May 2020)

Steal This: Ideas for Time Fillers & Brain Breakiness  
(updated: August 2020)

Steal This: Ideas of Camp Boxiness  
(updated: April 2021)

Steal This: Ideas During Covidness  
(updated: April 2021)

Steal This: Ideas of Social Distancedness  
(updated: May 2021)

Steal This: Ideas of Escape Rooms & Puzzleness  
(updated: October 2021)

Steal This: Ideas of Teambuildingness  
(updated: October 2022)

Steal This: Ideas of Games & Funness  
(updated: November 2022)

## More from Chris

Good News Candy Co Virtual Escape Adventure  
(updated: March 2021)

Time Quest Virtual Escape Adventure  
(updated: February 2019)

Trivia Night  
(new ones added often)

Camp Coloring Pages  
(updated: June 2020)

DIY Escape Crate Camp vs Covid  
(updated: March 2021)

DIY Escape Crate S'mores Monster  
(updated: March 2021)

Build a Camp Table Top Adventure  
(updated: October 2021)

Escape Bags  
(new ones added often)

Princess Diary  
(updated: October 2021)

Man Book  
(updated: October 2021)

Church Notes  
(updated: October 2022)

## Coming Soon

- Steal This: Ideas of Staff Trainingness
- Steal This: Experiments of Wackiness
  - Steal This: Ideas of PVCness
- Steal This: Ideas of Escape Rooms & Puzzleness Vol. 2
- Steal This: Ideas of Contemporary Craftiness Vol. 2
  - Steal This: Ideas of Games & Funness Vol 2
  - Steal This: Ideas of Teambuildingness Vol. 2

