



## Team Initiatives Program

**Recommended Age Group:** Yr. 8+

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**Activity Description:**

Rotating tabloid of team building activities, using icebreaker to team challenge progression, ending with whole group game.

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**Equipment Required:** See below activities

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**Number of Coastlife Staff Required:** 1 staff per <12 participants

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**Duration of Activity (provide breakdown if necessary):** 1.25hrs to 3 hrs

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**Suitable Location/Setting:** Any open space, preferably grass or inside a large hall

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**Safety Considerations;** These activities does require some close personal space/contact and team trust. There is the potential for exclusion and/or inappropriate touching during activity. Some games require balance and strength so use spotters as necessary and divide groups to create even size and gender balance.

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## **Program Delivery**

### **Introduction Briefing Points:**

- Welcome participants and introduce staff, explain layout of session as per below.
- Explain the concept of 'Challenge by Choice' and giving each activity a fair shot.
- Explain safe behaviour and consideration of others feelings.
- Explain Doers, Thinkers, Carers triangle, mark this out and ask group to rank themselves on the three way scale, do this again at the end of session and investigate who has moved.

### **Activity Delivery:**

#### **5-10min – Icebreakers /getting to know each other games**

- Run Scream Run (Icebreaker)
  - Start with a silent line up. Then in turn each participant screams as loud as they can while running as fast as they can out in front of the group. The participant can only run until they run out of breath from their scream. After all participants have run and screamed out from the line they can all scream run together back to where they started.
- Secret Body Guard (Icebreaker)
  - This is a silent activity. From standing in a circle, each participant selects one other group member to be their secret body guard; each participant will also select one other group member to be their suspected assassin. On "go", all participants move around the play space keeping their secret body guard between them and their 'assassin'.
- 2 Truths and a Lie (getting to know you)
  - Each participant takes turns to tell the group two truths about them and one lie..... The rest of the group needs to guess which statement is a lie. Encourage participants to think up the most whacky truths and a very believable lie. You can use a theme of trips they have done, foods they like, sports they have played, pets they have owned.
- Assumed Personality (getting to know you)
  - The group mingles and introduces themselves to each other, each time they do this they will adopt the name of the person they just met and introduce themselves as that name to the next person. Each participant should get around to every other group member.

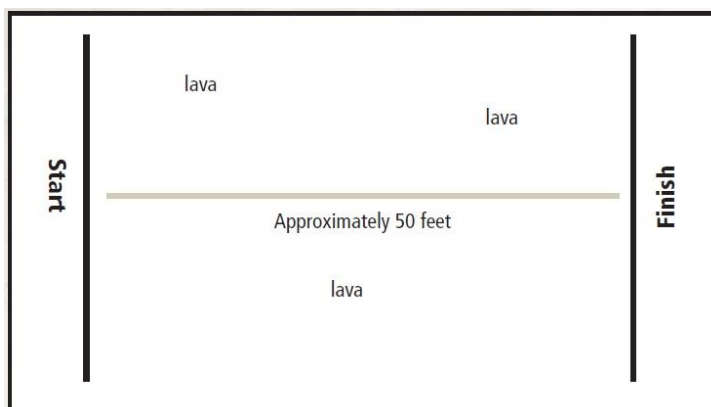
**60 Min – Teambuilding Games** - use any three for a 1.5hr session and all for a 3 hr session

- **Spider Ball – 20min – (communication, group roles, co-operation)**
  - The group is provided with a 'spider' (a ring with cord radiating out from it), one participant each holds one 'spider leg' (string). The group must use the ring to lift and move a tennis ball from a balancing position to another balancing position.
  - The group is required to work together to lift and move the tennis ball to designated areas. The second task should be more difficult than the first. Encourage the group to discuss tactics between tasks.
  - Rules - If the tennis ball drops off the ring, the group must start again. The string must be held at the ends by the participants. The team can have a practice before being timed.
- **Team Trolley -20 min- (communication, group roles)**
  - The team needs to walk the trolley from point A to point B. The course is a square, and the two groups within a team will go in opposite directions around the markers. They must successfully pass each other.
  - If the team falls off trolley they have to start again at the previous marker. The instructor must be strict on the ruling.
- **All Aboard need to source tiles or blocks – 20 min - (looking out for each other)**
  - Using 25 tiles placed out to make an island the group needs to all fit on the 'iceberg', as the 'iceberg' begins to shrink when the instructor begins to remove tiles the group needs to adjust to fit everyone on the new smaller 'iceberg'.
  - Ask group what the minimum number of tiles they can stand on is, and challenge them to attempt getting 'All Aboard' the new smaller iceberg.
- **Ring Codes -20min - (communication, co-operation, strategizing)**
  - The group starts with numbered foam rings around a post that have been placed there in a particular number.
  - There are three posts in total. The group needs to move the rings, one at a time, to the other post placed in exactly the same order.
  - Rings can be stored on the third 'spare' pole.
  - The rings can only be passed one at a time between group members stationed at each pole.
- **Islands - 20 Min - need 3-4 small platforms as islands, need 2-3 2x6" boards as bridge, two larger platforms, two smaller mid-course platforms (leadership and group/peer coordination, group problem solving)**
  - Aim: Participants have to cross from one platform to the other without letting the boards or themselves to touch the ground.
  - Set up platforms so that one board cannot reach the other side but by using both together they can reach. If a participant touches the ground, there can be a penalty such as blindfolding that person or lose ability to talk.

- **Magic Shoes 20 min – (leadership, group coordination & group problem solving)**
  - You are stranded at an oasis where the water has been completely used up. You can see an oasis across the way, but the sand is too hot to walk on. Unfortunately the hot sand melted all equipment except for the Magic Hat. This Magic Hat has some special properties: it can only be worn once in one direction by each team member, it may not be thrown, it may not be separated and your whole team must get to fresh water.

**Rules:**

- 1) The game begins when the entire team is behind the starting line.
- 2) The hot sand is never ending – the team cannot walk around to reach the oasis
- 3) The “magic hat” must be worn on each crossing.
- 4) The team must declare who is “wearing” the magic hat before they enter the desert.
- 5) Only one person can wear the magic hat at a time.
- 6) When a person is wearing the magic hat, it is only being worn, on the head, of one person
- 7) Each person can only wear the magic hat one time (one-way) to cross the desert.
- 8) If anyone touches the hot sand, the entire team must go back and start again behind the starting line.
- 9) The team successfully completes the initiative when the entire team crosses over the lava, using the magic hat, with no hot sand touches.



- There are many ways to solve this initiative all of which include carrying team members across to the oasis. The most effective way to complete “Magic Hat” is when a team plans the entire “mission” before they start sending team members across the desert. The team will have to physically carry each other across the hot sand and must plan ahead to insure no one is left behind. Teams often will think that only guys can carry girls or only big team members can carry two other members, but it is always surprising what team members can accomplish with a little encouragement.

### **Final Game – 10 mins**

Whole group games to burn any leftover energy etc.

### **Octopus Tag – 5-10 mins**

Choose two participants who are 'it' – the rest of the group line up along the start line, on 'go', the whole team runs together to try and get to the other side. Anyone who is tagged turns into an octopus, they stay with feet fixed to the ground, waving their tentacle arms around to try to tag any one running through, to turn those people into octopuses. Continue until only one runner remains

### **Everybody's it – 5- 10 mins**

**Goal:** Be the last person standing.

1. Ask everyone to spread out evenly on the playing area.
2. Once you say "go", everyone tries to tag each other. If one person tags another person, the tagged person must sit down for the rest of the game. However, if two people tag each other at the same time, they both have to sit down.
3. The game continues until all but one person is eliminated. The last person standing wins the game

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### **Debrief Points and Outcomes: - 5-10mins**

**Discuss roles** in a group and leadership qualities, what are essential qualities for group members to be effective team members.

Mark out Doers Thinkers Carers triangle, ask group to place themselves on the three way scale. Ask some participants if that is where they would have placed themselves at the beginning of the session.

Bid them sincere thankyou and goodbye.