

Kidventure



Team Building Guide

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Safety Procedures

A big part of team building is communication and trust. Our teams are trusting that we will protect them and make sure that they do not get injured while doing the various low-ropes activities. To ensure everyone's safety, it is important that we do the following.



1. Make sure we ask if there are any physical limitations from anyone in the group and adapt as necessary to make the activity safe for them. If an adaptation is not available to make it a safe activity, encourage them to sit out and encourage their team.
2. Do a visual inspection of the area we will be performing the activity before we begin to make sure there are no hazards in the area or ground, examples are: ants and sticks.
3. Inspect all equipment to make sure it is in good working order and free from any hazards.
4. Let everyone know at any time if someone feels uncomfortable to let us know so we can adapt, change, and adjust what we are doing as a team.
5. Make sure if during any activity a person is elevated or unstable that we are spotting as necessary to ensure everyone's safety.
6. Provide good direction and communication about what team can and can not do to safely accomplish an activity. Example: For "All Aboard" make sure teams do not lay on one another to make a stack. This can be very dangerous for the people on the bottom of the stack and is not allowed or safe.

Benefits of Team Building

1. Campers will have the chance to work on communication
2. Work towards a common goal
3. Develop Confidence in their own abilities
4. Important parts of personal and group development

Develops the Following Skills

1. Problem Solving
2. Communication
3. Cooperation
4. Listening
5. Self-Esteem
6. Idea Exchange
7. Working with others in different groups
8. Leadership
9. Creative thinking



Team Skis (Week 1)

Cornerstone: Team Building

Supplies:

- Cones
- Team Skis (2 sets = 4 skis)

Counselor Prep Prior to Activity:

- Knowing how this activity runs ahead of time is a must!

Space Needed: Indoor/Outdoor/Large Space/Small Space/Tables and Chairs

- Indoor or Outdoor Space will work but needs to have some room



Activity Instructions

- In a quest to save the world, you come across an oil slick preventing, "The Pit", you from shutting down Dr. Chaos' plan to shut down camp.
- You must get all the members of your team safely across the oil slick without falling in.
- The only things you may use to help you cross the pit are the pieces of rope and the two boards, which have been treated with a special treatment to keep you safe from the oil.
- If any participant on your team falls in, the entire team must go back and begin again.

Make It Last/Helpful Tips:

- This is a very safe activity unless the domino theory prevails.
- Survey the ground to be crossed for rocks, etc. in case of a group fall.
- Do this on a level, grassy area.
- After the participants travel forward, have them go backward.
- Turn alternate participants around and have the group move the skis forward, backwards and sideways
- DIRECTIONS FOR LEADERS:
 - This is more of an exercise in problem-solving & teamwork than in physical skill.
 - There are many possible solutions to this challenge.
 - Mark off the beginning and ending of "The Pit" (about 30' wide) with a "start" and a "finish" line.
 - Part of the challenge is for them to figure out their use the boards, avoid telling the campers how to use them

Reflection Question Ideas:

- How did you find the solution?
- Did you find it hard to listen to everyone?
- What did you learn about your team?
- What was easy?
- What was hard?

Helium Stick Team Building (Week 2)

Cornerstone: Team Building

Supplies:

- 8 foot dowel rod (Helium Stick from summer team-building exercises)
- Blindfolds (optional)
- Washers (optional)

Counselor Prep Prior to Activity:

- Knowing how this activity runs ahead of time is a must!

Space Needed: Indoor/Outdoor/Large Space/Small Space/Tables and Chairs

- Indoor or Outdoor Space will work but needs to have some room

Activity Instructions:

Together we are trying to understand the power of Lady Lightning and Lightning Staff. An old tale has been told that if you work together as a team to raise a staff with just your fingers that you will learn an important trait of Lady Lightning.

This is a deceptively simple but powerful exercise for learning how to work together and communicate in a small to medium size group.

- Line up in two rows that face each other
- Introduce the Helium Stick--a long, thin, lightweight rod
- Ask participants to point their index fingers and hold their arms out
- Lay the Helium Stick down on their fingers.
- Get the group to adjust their finger heights until the Helium Stick is horizontal and everyone's index fingers are touching the stick
- Explain that the challenge is to lower the Helium Stick to the ground
- The catch: Each person's fingers must be in contact with the Helium Stick at all times. Pinching or gripping the pole is not allowed--it must rest on top or side of fingers (NO fingertips)
- Reiterate to the group that if anyone's finger is caught not touching the Helium Stick, the task will be restarted. Let the task begin...

Make It Last/Helpful Tips:

- Warning: Particularly in the early stages, the Helium Stick has a habit of mysteriously 'floating' up rather than coming down, causing much laughter. A bit of clever humoring can help--e.g, act surprised and ask what are they doing raising the Helium Stick instead of lowering it! For added drama, jump up and pull it down!
- Participants may be confused initially about the paradoxical behavior of the Helium Stick
- Some groups after 5 to 10 minutes of trying may be inclined to give up, believing it is impossible or that it is too hard. Encourage them to keep trying or help them brainstorm about what they can do differently to make it successful. The facilitator can offer direct suggestions or suggest the group stops the task, discuss their strategy, and then have another go
- Less often, a group may appear to be succeeding too fast. In response, be particularly vigilant about fingers not touching the pole. Also, make sure participants lower the pole all the way onto



the ground. You can add further difficulty by adding a large washer to each end of the stick and explain that the washers should not fall off during the exercise; otherwise they must restart

- Maybe for your older group, they can use blindfolds and the facilitator can secretly add your finger pushing down on the top of the stick. As a result, the group will grow frustrated as they feel the opposing force
- Eventually the group needs to calm down, concentrate, and very slowly, patiently lower the Helium Stick--easier said than done

Reflection Question Ideas:

- What was the initial reaction of the group?
- What surprised everyone about this activity?
- Who thought upon explanation that this activity would be easy?
- What did we learn?
- How well did the group cope with this challenge?
- What skills did it take to be successful as a group?
- What creative solutions were suggested and how were they received?
- What would an outside observer have seen as the strengths and weaknesses of the group?
- What roles did each camper play?
- What did each group member learn about themselves as an individual?

The character trait is teamwork - they learned how to communicate and work as a team!



Islands (Week 3)

Cornerstone: Team Building

Supplies:

- 3 platforms
- 2 boards (6 ft and 4 ft. boards)

Counselor Prep Prior to Activity:

- Knowing how this activity runs ahead of time is a must!

Space Needed: Indoor/Outdoor/Large Space/Small Space/Tables and Chairs

- Indoor or Outdoor Space will work but needs to have some room

Activity Instructions

- You have come to a swamp. This swamp is deep and filled with Dr. Chaos' potion to take the fun out of camp. The only way across is to Island hop. But alas, they are too far apart for you to jump onto.
- You have found two planks, but none of them reach across to the other islands. Your team must find a way across to safety.
- The planks cannot touch the Potion; it will cause the planks to disintegrate.
- No one may jump or leap from Island to Island.
- We can't risk letting the potion out of the swamp.

Make It Last/Helpful Tips:

- Set a time limit. (optional) or Time the team and see if they can beat their time.
- It is best to find a level grassy area and be sure to check the area around the islands for debris
- DIRECTIONS FOR LEADERS:
 - Set up the islands like an "L"
 - Start on the large island and space the second island out by the 6 ft. board between the 1 and 2 islands.
 - Space the third island out by placing the 4 foot board between the 2 and 3 islands.
 - The group starts on the largest Island.
 - Make sure they are not jumping from one island to another
 - Allow the group to figure out the solution and think the problem through as a group
 - If the plank or a person touches the ground, all the participants must begin again.
 - For older campers, you may give extra challenges
 - Do not let them all pile onto the middle island at once. It will not work and is unsafe.
- SPOTTER'S INSTRUCTIONS:
 - You should have one spotter at the crossings and one or two at each Island - to prevent "overcrowding" accidents.

Reflection Question Ideas:

- How did you find the solution?
- Did you find it hard to listen to everyone?
- What did you learn about your team?
- What was easy?
- What was hard?
- What allowed your team to be successful?



Postman's Shuffle (Week 4)

Cornerstone: Team Building

Supplies:

- Balance Beam
- Poly Spot (optional)

Counselor Prep Prior to Activity:

- Knowing how this activity runs ahead of time is a must!



Space Needed: Indoor/Outdoor/Large Space/Small Space/Tables and Chairs

- Indoor or Outdoor Space will work but needs to have some room

Activity Instructions:

Dr. Chaos has mixed up the camp again and we are all backwards. In order to set things right, we have to switch places on the balance beam to bring things back to normal!

- Each player must stand on the balance beam and switch sides on the balance beam without touching the ground! i.e. 123456789X to X987654321.
- The group cannot allow any part of their body to touch the ground if they do the entire group must reset and try again.

Help us bring order back to what Dr. Chaos has created!

Make It Last/Helpful Tips:

- If the group is struggling you can give them a lifeline by providing them a poly spot to put on the ground next to the beam.
- Only one foot may be on the spot at ANY one time. If more than one foot is on the ground, the lifeline will disappear (take it up).
- If a group just gets it, add a challenge to the mix. (blindness, one arm, one leg, mute)

Reflection Question Ideas:

- What was hard about this activity?
- What made it work?
- What strengths did everyone see in the group?
- If presented with a challenge, how did that make you feel?

The Barrier Wall (Week 5)

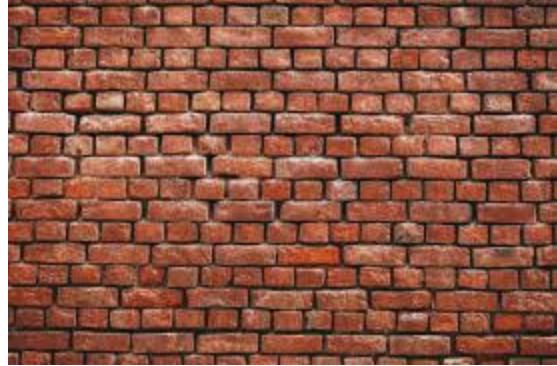
Cornerstone: Team Building

Supplies:

- String
- Surrounding Trees or Poles

Counselor Prep Prior to Activity:

- Knowing how this activity runs ahead of time is a must!



Space Needed: Indoor/Outdoor/Large Space/Small Space/Tables and Chairs

- Indoor or Outdoor Space will work but needs to have some room

Activity Instructions

- A barrier lies between your group and _____ (make up a story that applies to your campers). You must work together to get over the barrier!
- A string is placed hip high to the tallest in the group. As a straight line (line up and take each other's hand) the group tries to cross the rope without:
 - letting go of each other's hands
 - touching the string
 - hard (jump) landings
 - breaking the plane of the string.

Make It Last/Helpful Tips:

- Campers may want to think about who they have at the front and back of their lines, specifically when it comes to their height.

Reflection Question Ideas:

- What was hard about the activity?
- If the group did not succeed, why?
- If the group did succeed, why?
- What did the group learn?
- What are some things the group did to make the activity easier?
- How did the group support everyone?

All Aboard (Week 6)

Cornerstone: Team Building

Supplies:

- Large platform

Counselor Prep Prior to Activity:

- Knowing how this activity runs ahead of time is a must!

Space Needed: Indoor/Outdoor/Large Space/Small Space/Tables and Chairs

- Indoor or Outdoor Space will work but needs to have some room



Activity Instructions

- Just pretend: You're out sailing when your boat starts to sink. You hear splashing and you see Dr. Chaos laughing. There is only one buoy you can climb on to be safe. On the buoy, there is a note that reads *"if you stand you work together and ALL stand on the buoy for 5 seconds, you will defeat Dr. Chaos. I know it seems impossible but work together and win the day! Signed, Captain KV"*
- Everyone must get on the large platform.
- If anyone's body touches the water (ground) , restart and try to beat Dr. Chaos!

Make It Last/Helpful Tips:

- Participants may attempt to simply form a pyramid or pile, please do not allow this
- Watch carefully and make sure no hands or feet touch the ground
- Be certain the group is approaching this problem in a safe manner.
- Give the group no more than 15 minutes to complete this activity.
- The key to success is communication and team effort.
- Spot carefully if participants attempt to sit on each other's shoulders. **DO NOT ALLOW THEM TO STAND ON EACH OTHERS SHOULDERS.**
- Make sure the area around the platform is free of obstacles.
- **SPOTTER'S INSTRUCTIONS:** Spotters should watch for those who might lose their balance and fall off the platform. They can try to gently push them back on. Be prepared with hands up, 1 foot forward, 1 foot back.

Reflection Question Ideas:

- What was hard about the activity?
- If the group did not succeed, why?
- If the group did succeed, why?
- What did the group learn?
- What are some things the group did to make the activity easier?
- How did the group support everyone?

Toxic Waste (Week 7)

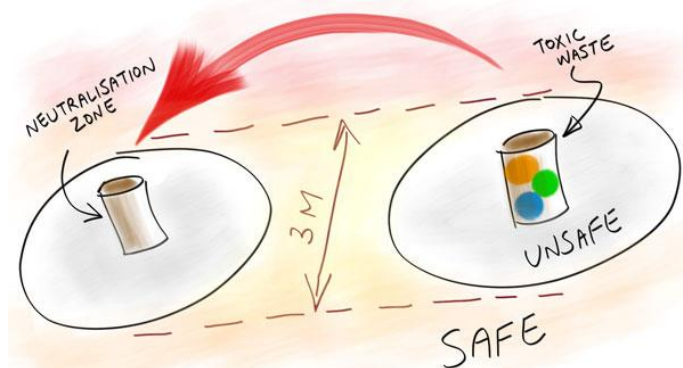
Cornerstone: Team Building

Supplies:

- Playpen Balls
- 2 buckets
- Bungee Cords
- Ropes

Counselor Prep Prior to Activity:

- Knowing how this activity runs ahead of time is a must!
- Draw a circle on the ground at least 5 feet from the bucket at all times to represent the anti-fun radiation zone. The larger the radiation zone, the more difficult the activity.
- Place the small bucket in the center of the radiation zone and fill it with playpen balls to represent the anti-fun balls.
- Place the large neutralization bucket approximately 20-30 feet away. The greater the distance, the more difficult the activity.
- Put all other equipment (i.e., bungee cords and ropes) in a pile near the rope circle.



Space Needed: Indoor/Outdoor/Large Space/Small Space/Tables and Chairs

- Indoor or Outdoor Space will work but needs to have some room

Activity Instructions

- Dr. Chaos is at it again... Dr. Chaos has put fun zapping balls at camp! If anyone comes within 5 feet of the balls they will not be able to have fun at camp!
- **The challenge** is for the group to work out how to transfer the anti-fun balls from the bucket into the neutralization bucket where it will be "neutralized", using only the equipment provided and within a time frame.
- The fun zapping balls must be poured into the neutralization container to control the anti-fun!
- Anyone who ventures into the anti-fun zone won't be able to have fun! Therefore, the group should aim to save camp and do so without losing any fun to any group members.
 - If someone breaches the toxic waste zone enforce an appropriate penalty e.g., loss of limbs (hand behind back) or function (e.g., blindfolds if a head enters the zone) that lasts for the rest of the game.
 - If a whole person enters the zone, they are succumbed by the anti-fun mentality and must then sit out for a certain time period
- The circle represents the anti-fun zone emanating from the anti-fun balls in the bucket.
- Emphasize that everyone must maintain a distance (circle radius) from the toxic balls wherever it goes

Make It Last/Helpful Tips:

- Give the group some planning time with no action e.g. 5 mins. Then start the clock and indicate it is time for action, e.g., 15 or 20 mins.
- Toxic Waste is not an easy exercise and some coaching might be beneficial
- **The solution** involves attaching the cords to the bungee loop, then guiding the bungee with the strings to sit around and grab the toxic waste bucket. Then with everyone pulling on their cord and with good coordination and care, the toxic waste bucket can be lifted, moved and tipped into the empty neutralizing bucket.
- If the group struggles to work out what to do, freeze the action and help them discuss.
- If the group spills the anti-fun balls entirely, make a big deal about no fun, invite them to discuss

what went wrong and how they can do better, then refill the container and let them have another go.

- Ideas for varying the level of difficulty of the activity:
 - Adjust time frame
 - Adjust the distance between the buckets
 - Include obstacles between the buckets
 - Include red herring objects in available equipment

Reflection Question Ideas:

- How did you find the solution?
- Did you find it hard to listen to everyone?
- What did you learn about your team?
- What was easy?
- What was hard?