

# **Initiatives/Team Activities**

*Compiled by ASHANTI WEST Consulting Services*

## **Line Up**

Have the participants line up in order of their shoe size, shirt color, birthdays (month and day, year isn't necessary). The trick is, they CANNOT TALK AT ALL. You'll find they resort to sign language, nudges, someone might try to start directing, etc.

## **Human Knot**

Have the participants stand in a tight circle, with their hands in the center. Then the participants grab others' hands at random. The puzzle is then for the whole group to work together to get themselves untangled. Sometimes you'll find that the group has actually formed several smaller circles.

This may get frustrating if you've formed a troublesome knot, but let them keep trying.

## **Circle-The-Circle**

Have the participants stand in a circle and hold hands. Start one hula-hoop hanging over one pair of joined hands. Each person in the circle must pass the hoop/loop over him/herself and on to the next person -WITHOUT letting go of hands. I generally do this with 2 or 3 loop/hoops going at the same time in different directions.

## **Earth Ball**

Using a beach ball, have participants start hitting it around and trying to keep it off the ground. Then challenge them to keep it in the air for 20 hits, or 30 hits, etc. Encourage them to develop some strategy (such as establishing "zones", or an order, etc.) to try to keep the ball up for as many hits as possible.

## **Minefield**

Have group discuss things that are detrimental to functioning as a group. For each characteristic/action, throw an object into the playing space, the "minefield." Have group choose partners. One partner is blindfolded at one end of field. The non-blindfolded partners stand at the opposite end of the field and try to talk to their partners through the minefield without running into any of the obstacles.

## **Name Game Toss**

A good activity to help a group of strangers remember at least one person's name forever.

1. Have the group stand in a circle, fairly close together.
2. Toss a ball across the circle, calling out the player's name to whom you toss it. That player tosses to a different player and so on until everyone has caught the ball and thrown it on once. It should be back in your hands at this point.
3. Repeat the sequence a couple of times. Add a second ball and then a third. Add as many balls as you want.

## **Warp Speed**

Have group pass 3 balls/objects through the group consecutively in the shortest possible time. Choose your words carefully and remember them exactly so that the instructions can be repeated when asked (different ways to do things; cooperation).

## **Group Juggle**

Establish pattern of tosses including everyone in a circle. Add additional objects periodically. See how many object the group can juggle.

## **Poison Peanut Butter**

Draw two lines to represent the edges of the poison peanut butter. Hand out bandannas to the group. Group needs to get everyone safely across using only the bandannas as safety zones. Variations include using too few bandannas for a continuous chain across or stating that once a bandanna has been placed on the ground, it cannot be moved. In the second case, be sure there are enough bandannas to make it across if placed strategically (must plan ahead).

## **The Bridge**

Two groups meet on a log (the bridge). The groups need to pass each other to get to the other side of the canyon. Anyone who falls off goes to the end of her group.

## **Group Jump Rope**

Without skipping a jump rope beat, group attempts to pass all members through a skipping rope, including the members who start at the ends twirling the rope and/or the whole group jumps in and gets out at once. Safety: Remind group this is an exception to jumping rule.

## **Pipeline**

Each person gets a tube.

Instructions are given that a marble must be moved from point A to point B (sometimes, a tube bucket was put out "there" as the goal). The marble may not have human nor ground contact between the two points and its means of locomotion must be rolling. Hands cannot block a tube end or couple two tubes together through grasping. Variations: Set-up an open-ended initiative by stating: *The goal is to get the marble to travel the greatest distance possible.* Create insight into group's challenge, willingness and opportunity for goal discussion. **Tough one:** 5 marbles, feet can't move if marble is in your tube. One of 5 marbles is a large "shooter."

## **Amoebae**

Have all members of the group hold onto the rope with both hands.

Have the group form a specific shape without letting go of the rope (square, triangle, star). To challenge the group you may blindfold them all after forming the first shape. Have the group stay blindfolded while forming the designated shape and then take off the blindfolds when they have finished.