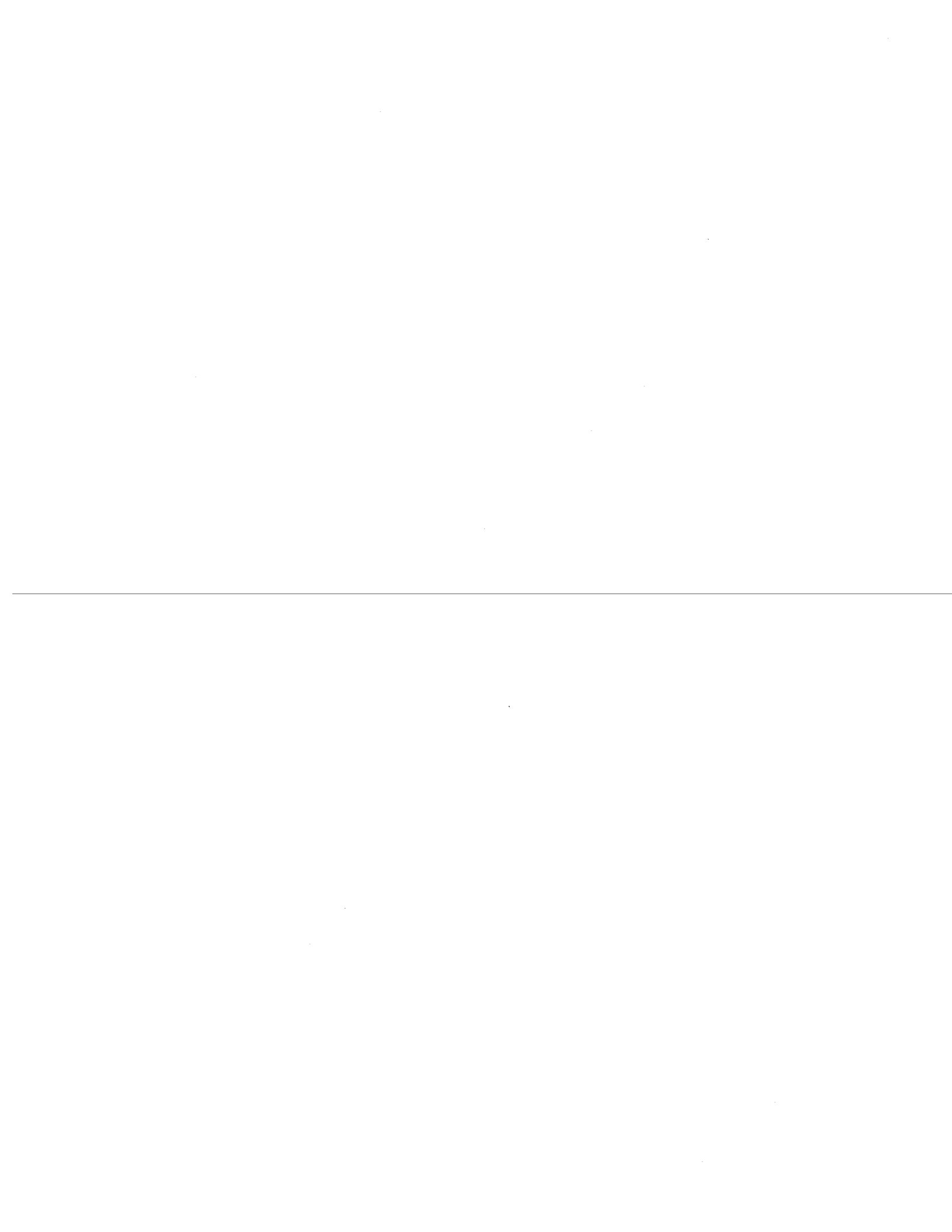


## Who Are We?

1. Match Your Color To The Square
  2. Find All Six Team Mates
  3. Fill Out The Information Sheets on each Team Mate.
  4. Be Prepared For Each Member Of Your Team To Introduce Another Member Of Your Team.
  5. You Have 5 Minutes Starting Now, GO!
-



1

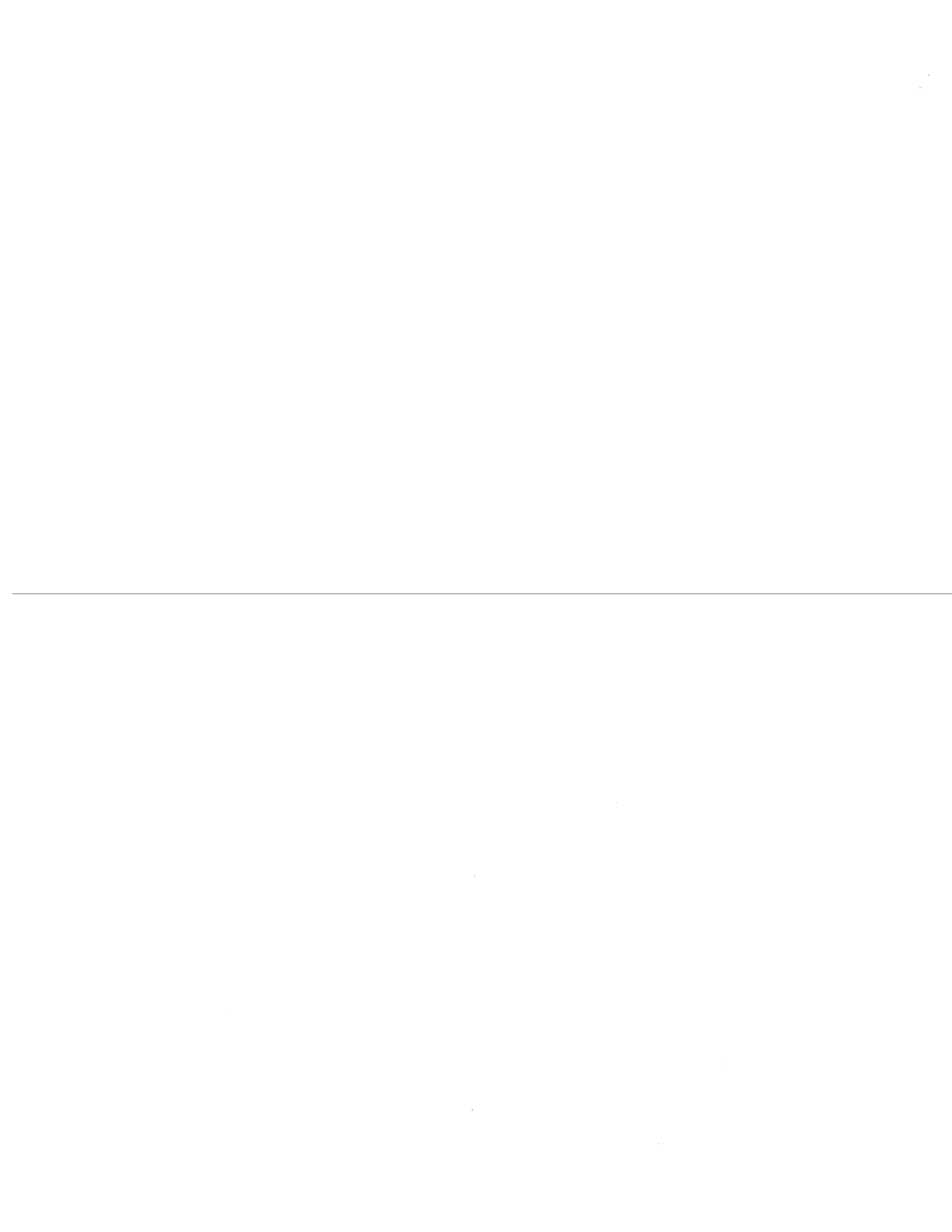
4

2

5

3

6



**Who are we?**

**First Name**

1	
2	
3	
4	
5	
6	

**Who are we?**

**Last Name**

1	
2	
3	
4	
5	
6	

**Who are we?**

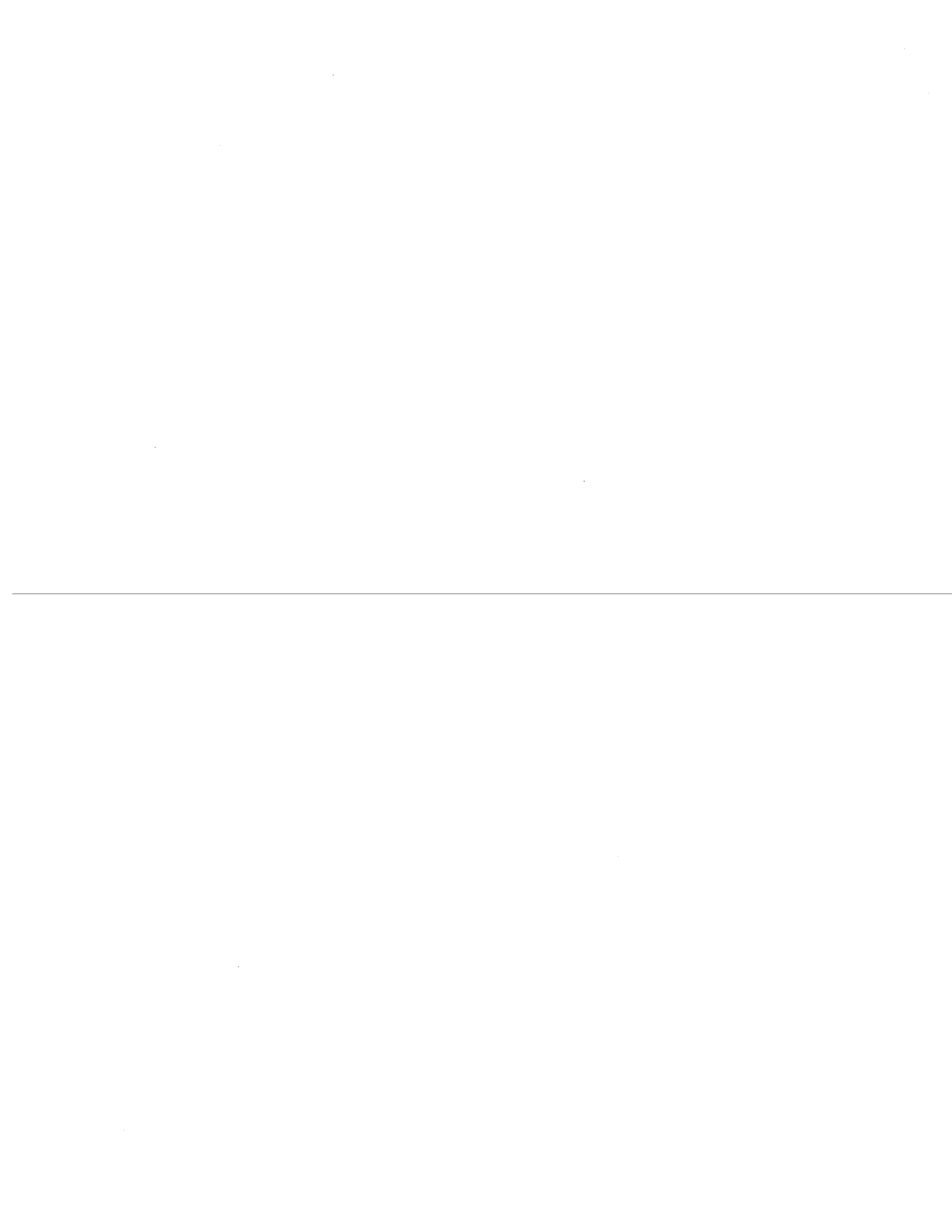
**Age**

1	
2	
3	
4	
5	
6	

**Who are we?**

**Grade In School**

1	
2	
3	
4	
5	
6	



**Who are we?**

**Favorite Color**

1	
2	
3	
4	
5	
6	

**Who are we?**

**Pet's Name**

1	
2	
3	
4	
5	
6	

**Who are we?**

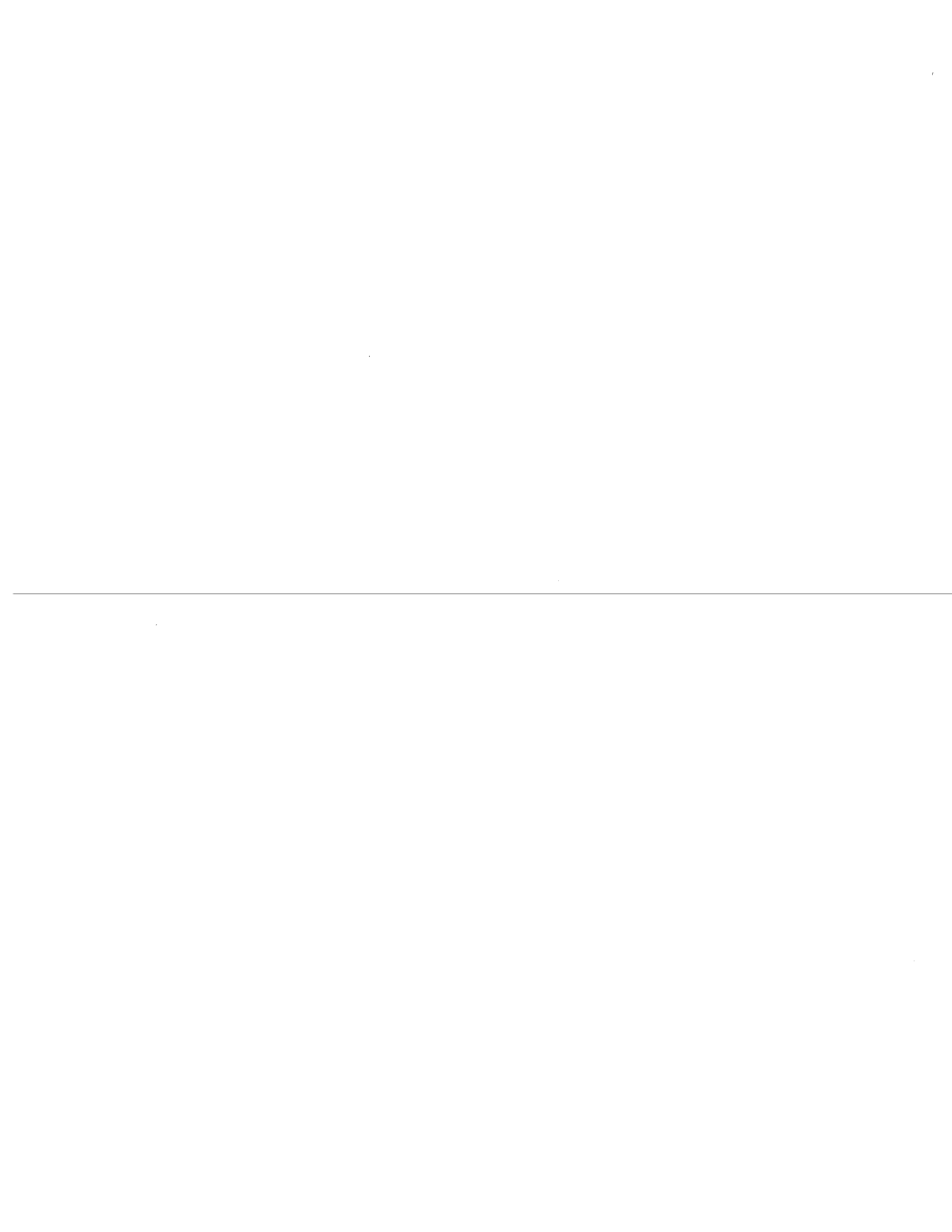
**Favorite 4-H Experience**

1	
2	
3	
4	
5	
6	

**Who are we?**

**Project You Hope To Do This Year**

1	
2	
3	
4	
5	
6	





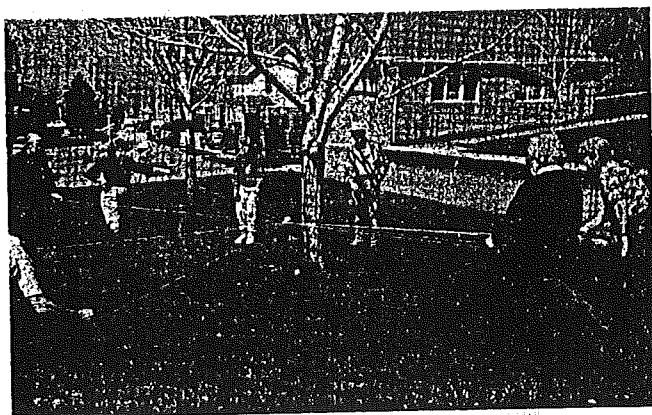
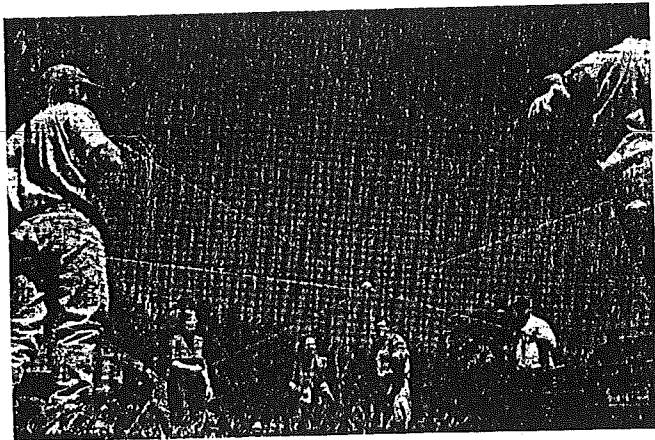
## Activity 4.14

# Bull Ring

Bull Ring has to be one of the simplest portable challenge activities ever invented. It also has many variations that allows the same equipment to be used for a variety of activities.

## Equipment

The Bull Ring is made from a 1½ inch (40 mm) diameter metal ring, available at most hardware stores, and several pieces of string or twine. You'll also need a tennis or golf ball.



## The Challenge

The challenge is to carry a small ball using a metal ring and twine Bull Ring through a series of obstacles and place the ball into a goal, such as a tin can, plastic bucket or onto a segment of PVC tubing.

## Typical Presentation, Storyline or Metaphor

The newest Mars probe returns to Earth with several new rocks from our closest neighboring planet. The re-entry on Earth however, was a little bumpier than Mars, and a few of the precious stones end up bouncing around the salt flats of the western United States. Your team has been assembled to retrieve these stones, using a new prototype Bull Ring Retrieval System—Mark 1. First you must elevate the stone, and then carry this to the awaiting containment cylinder.

## Variations

This activity can be made more difficult by transporting the ball around objects such as trees, tables, chairs and fences. Gentle slopes, stairways and narrow doorways also provide additional challenges. Heavier and larger balls are more difficult to transport and harder to keep on the metal ring. Smaller balls such as golf balls fit further into the metal ring and are easier to transport. Ping-Pong balls can also be used, but are greatly affected by wind. You can accommodate more participants, and include the additional element of trust building by blindfolding the participant holding the string and assigning a sighted person to assist them while moving. If you have less participants than strings, just allow participants to hold more than one string. You can increase the difficulty of the goal by placing the container at an angle, or attaching the container at a higher elevation (such as on a fence, door-knob or wall hook). You can substitute a PVC plastic tube (1 inch in diameter, 15 inches long, pressed into the ground) instead of a container, as the final goal. For this goal, the ring needs to be carefully dropped over the tube so that the ball rests on the tube. For



## Discussion and Debriefing Topics

Did your group have a single leader, or was everyone part of the leadership? What techniques did you use to overcome the obstacles? What if the tennis ball was replaced with a bowling ball? If you were blindfolded, did you trust the person assisting you?

## Sequence

Bull Ring utilizes physical movement and cooperation. It also takes a little coordination to keep the ball on the ring. This is a great activity for early in the challenge program.

## Activities Using Similar Skills and Follow-on Activities

Bull Ring II, Bull Ring III, Bull Ring Golf, Stretch It, and Pot of Gold utilize similar formations and skills.

additional difficulty, try placing the goal under a table or near a wall. The most impossible location for placing the goal is in the corner of a room. Try this sometime, and ask the group to brainstorm ideas for reaching the goal!

Additional Bull Ring variations include using a rubber band instead of the metal ring. Using various lengths of string attached to the Bull Ring may also allow the group to successfully navigate some more interesting and challenging obstacles. Participants should hold only the very ends of each string.

If your group has any participants in manual wheelchairs, you can use a short segment of shock (bungie) cord to tie the Bull Ring string onto a railing of the wheelchair. This will leave both of this participant's hands free to maneuver the chair.

A final variation is to replace the string or twine with dental floss. Because the floss is easily broken, participants must not be overly aggressive or they will physically eliminate themselves from the activity.

## Important Points

Do not allow participants to tie the string around their fingers or wrists, because a sudden movement may cause rope rash rather quickly. Make sure to choose an appropriate ball for the location. Using heavy billiard balls or metal ball bearings on a gymnasium floor not only produces a loud thump if the ball is dropped, it also produces a rather large dent! It can make for an interesting discussion to ask the group what minimum number of strings are required to keep the ball from falling off the Bull Ring.

## Notes

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## Activity 4.27

# Gridlock

Sometimes the best way to solve a problem is just to keep trying until you get it right. This is an exercise in group memory, as well as some ordinary trial-and-error problem solving techniques.

## Equipment

Gridlock requires a giant checkerboard pattern with each grid approximately 1 foot (305 mm) square. This can be accomplished by taping a grid pattern to a floor with masking tape, or marking a pattern on a tarp or cloth, or creating a grid with either ropes, flat webbing or a large open-weave net. You can even create a stepping stone pattern for Gridlock. See Chapter 5 for details.

## The Challenge

To determine a path across the grid network of spaces. A participant is allowed to move as far as they can, until they make an error. At this point, a new participant begins the journey, and attempts to make a better choice at the site of the last error. Allow the group a few minutes to plan before the activity begins.

## Typical Presentation, Storyline or Metaphor

Ok, here's the drill. You work for a very competitive delivery company. You have the best trucks, the friendliest drivers, the best computerized technology at your fingertips, and right now you have a vital package that is needed on the other side of town. It is 5pm, rush hour, and you need to find the best way across town. Main roads, side streets, back alleys, any way you can find. Anytime you come to a deadend or traffic jam, you'll need to change drivers. When you find the correct route to take you through all the traffic, you can alert the company and have the rest of the drivers follow you.



## Variations

The directions for creating the gridlock pattern in Chapter 5 show square, rectangular, circular, and a stepping stone version. You can modify the length of the rectangular pattern by folding some of the grid underneath the rest of the tarp.

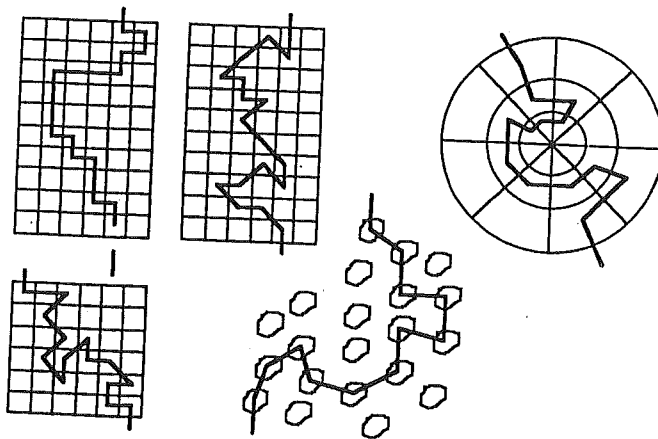
You can allow two groups to simultaneously work towards each other. This approach however, increases the difficulty of the activity, as participants now have to observe the movements of two other participants, rather than just one.

If you happen to use a continuous path, participants know that they can only step on a space that is touching the space were they are now standing. It is also typical to only move forward or sideways on the Gridlock pattern.

More difficult combinations might allow jumping blocks, backward and forward motions, and diagonal movements.

As a facilitator you can always allow participants to place an object on acceptable places to step, rather than memorizing each location. This visual clue however may allow waiting group members to pay less attention to the active member of their group.

techniques for the following activity will expose the group to a variety of methods for problem solving and decision making.



### Important Points

There is a critical moment in preparing to solve a problem where no amount of additional planning will produce any better quality result. Sooner or later, you just need to give it a try, and see what happens. Gridlock encourages trial-and-error problem solving techniques, and also keeps the group focused on the active participant, so that each person will know the correct route to take when their turn arrives.

### Notes

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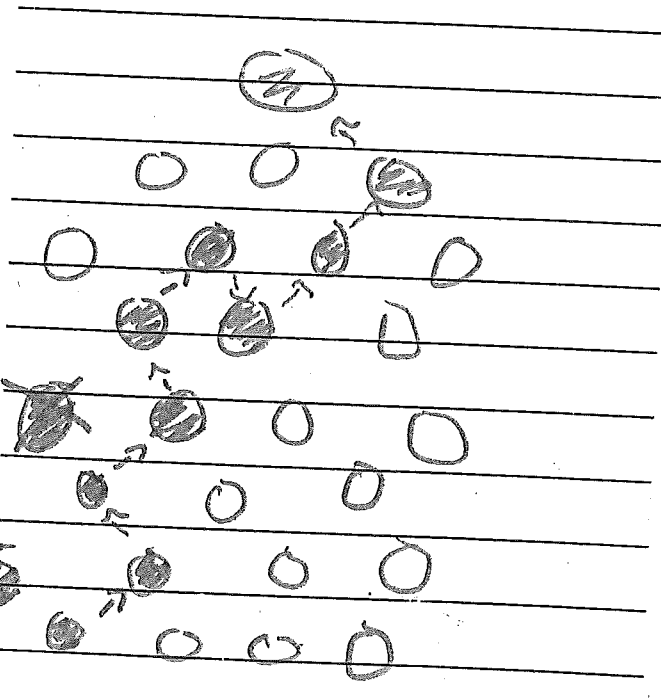
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### Discussion and Debriefing Topics

What type of things did you discuss during your planning time? Were there any penalties associated with a wrong choice? Are there penalties in real life for wrong choices? Were there any errors made from spaces where the path was already known? How could these types of mistakes be avoided in the future? Were there any spaces or movements that surprised you? Why?



### Sequence

Gridlock is a problem solving activity, and can be used after some initial group play.

### Activities Using Similar Skills and Follow-on Activities

Gridlock is one of the few challenge and adventure activities that encourages the simple technique of trial-and-error for isolating a solution. Switching solution

### Teamwork & Teampay



# 4-H Trivia



1. What is the symbol that represents 4-H?
2. What do the 4 "H's" inside the clover stand for?
3. How young can you be to be part of 4-H?
4. What is the maximum age a 4-H member can be?
5. Name three animal projects a 4-H member may choose to do.
6. Name a conservation project a 4-H member may do.
7. There is project area call entomology, what is it?
8. 4-Hers may take part in the Dog Project, does your dog need to be a pure bred dog to participate?
9. True or false, only boys can be part of 4-H?
10. What are the two pledges that are said at every meeting?

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11. What year did 4-H start?
12. Is the 4-H emblem a registered trade mark? How do you know?
13. What is the 4-H motto?
14. What are the 4-H colors?
15. Community service is an important part of the 4-H experience. Name a community service project.
16. Please complete this 4-H saying: The power of \_\_\_\_\_.
17. Name the 4-H teen group that promotes 4-H to the public as well as within 4-H.
18. True or False        There are over 6 million 4-H'ers in the United States.
19. What Birthday did 4-H just celebrate?
20. True or False        You must live on a farm to be part of 4-H.
21. True or False        Across the United States most 4-H'ers live on a farm.
22. True or False        4-H only has animal projects?
23. Name something that the proceeds of the Chautauqua County 4-H Fair Snack Bar benefit?

24. Name a 4-H trip that you could apply for.
  25. On the 4-H clover there are 4 H's, in the 4-H pledge one of these H's stands for **Head** what does that mean as a 4-Her?
  26. On the 4-H clover there are 4 H's, in the 4-H pledge one of the H's stands for **Heart** what does that mean as a 4-Her?
  27. On the 4-H clover there are 4 H's, in the 4-H pledge one of the H's stands for **Hands** what does that mean as a 4-Her?
  28. On the 4-H clover there are 4 H's, in the 4-H pledge one of the H's stands for **Heart** what does that mean as a 4-Her?
  29. True or False        There is over **600 thousand 4-H volunteer leaders** across the US.
  30. True or False        4-H volunteer leaders across the United States contribute time, mileage, and out of pocket expenses that exceeds **2 Billion Dollars**.
  - 31.
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# Square Game

**Object-** to cooperate with other people, and use strategy

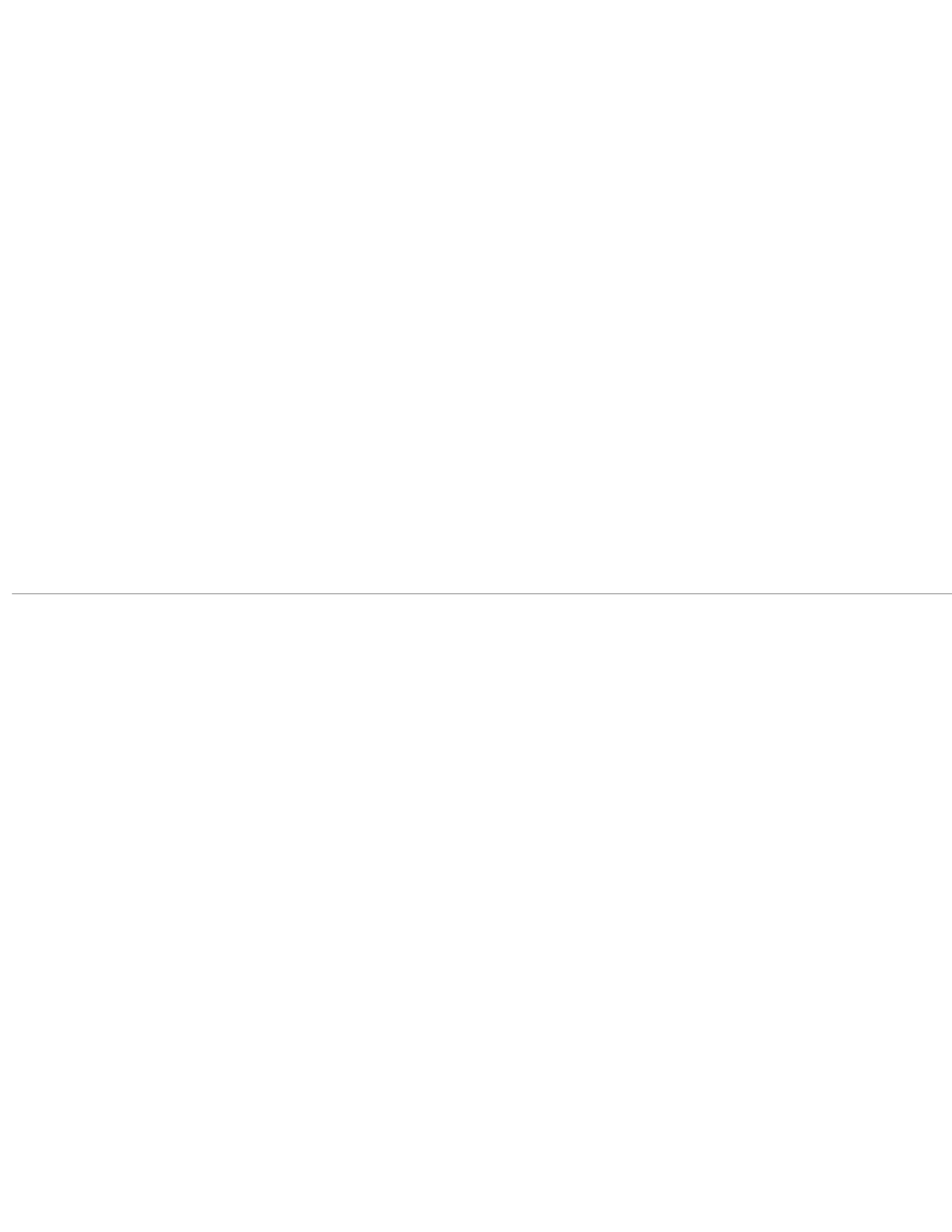
**What you need-**

Pieces of paper

At least 8 to 10 people

**Directions-**

Lay the squares out in rows, for as many people as you have. You need one main person, to yell GO and STOP. When that person yells go everyone will walk in a circle away from the squares. When the leader yells stop, everyone must find a square to sit on. The first time there is enough squares for everyone, but every time you take out a couple squares till you have one square left. Every time you loose a square everyone must find another way to sit (like on top of each other).

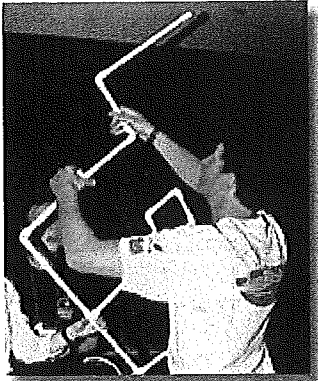




# TEAMWORK & TEAMPLAY

## Teamply Tubes

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**Teamply Tubes** are a collection of PVC tubes and connectors (50 pieces total) that can be assembled by teams in a variety of ways. For group activities that promote teamwork, creativity, communication, problem solving and decision making skills, just look below. Be on the lookout for a new book, by Jim Cain. Chris Cavert and Sam Sikes, entitled "Teambuilding Hardware" that shows even more activities and equipment that can be made using PVC tubes and connectors, and other hardware items available at your local store. For more information, check out the website [www.teamworkandteamply.com](http://www.teamworkandteamply.com) for Teamply Tubes and other teambuilding activities, equipment, workshops, staff development trainings and books. You can also order a set of Teamply Tubes from Adventure Hardware, Inc. at [www.adventurehardware.com](http://www.adventurehardware.com) or by calling 1-800-706-0064.

### 1. 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.

### 2. 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.

### 3. 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.

### 4. 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.

### 5. The Bridge

Using all the pieces, construct the longest bridge-like shape possible, with no more than 3 PVC pieces touching the floor.

### 6. 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.

### 7. 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 omelette, throwing a baseball, etc.

### 8. 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.

### 9. 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, etc.)

### 10. The Book of Knowledge

Build the tallest "table" possible that will hold a large book as the topmost object.

### 11. 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.

12. **New Math**

Given a number (48, 3.1416, 101, 63.4, etc.) have team members use any parts to construct an equation that equals the number given. For example the answer 12, can be obtained by the equation  $3 \times 4 = 12$ , or the Square Root of  $144 = 12$ , or  $10 + 1 + 1 = 12$ .

13. **More Math**

Design equations that teams will use to construct their own structures. Then measure these structures with a yardstick or tape measure. The object here is to maximize the values obtained in each equation (i.e. T should be the largest number possible).

$$\text{Length} + 2 \times \text{Height} + \text{Width} - \text{Number of Points of Contact with the Floor} = \text{Total}$$

- or -

$$L + 2*H + W - N = T$$

14. **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.

15. **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.

16. **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.

17. **Bullseye**

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

18. **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.

19. **Matchstick Puzzles**

Many puzzle and games books have activities using matches, straws and coins, that can also be performed using the PVC Teamplay Tubes. For example, can you make four triangles simultaneously using six Teamplay Tubes of approximately the same length? Can you make two rows of four connectors using only 6 pieces?

20. **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 least one other person while passing through the "box."

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Teamplay Tubes are designed by Jim Cain, Ph.D.

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Teamwork & Teamplay, by Jim Cain, was awarded the Karl Rohnke Creativity Award by the Association for Experiential Education. You can obtain a copy of the award winning adventure-based book directly from the publisher, Kendall/Hunt, at (800) 228-0810, or at [www.kendallhunt.com](http://www.kendallhunt.com)

You can also find exciting adventure-based activities and equipment at Adventure Hardware, featuring many of the Teamwork & Teamplay props, including Teamplay Tubes. Visit [www.adventurehardware.com](http://www.adventurehardware.com) or (800) 706-0064.

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# *Marble Tubes*

## **Equipment**

You'll find directions for two versions of marble tubes in Chapter 5 of the book *Teamwork & Teamplay*. The simplest style involves cutting 15 inch (381 mm) long pipes from 1 inch (25 mm) diameter cold water PVC tubing. Another style uses 1 1/2 to 2 inch (38 to 51 mm) diameter PVC tubing that has been cut to length, and then split into two pieces lengthwise.

You'll need at least one Marble Tube section for each participant, along with a few marbles, golf balls, and other small rolling objects.

## **The Challenge**

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

## **Typical Presentation, Storyline or Metaphor**

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

## **Variations**

For a truly unique experience, try passing a collection of marbles up a flight of stairs, or up the incline of a hill.

Allowing participants to hold near the ends of the tubes make this task a little easier. For a more difficult challenge, only allow participants to touch their own marble tube. For an even harder task, participants can touch any tubes they like, but the tubes cannot touch each other.

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

Drilling a few holes in some marble tubes will additionally challenge the participants having those tubes. We call these the "swiss cheese tubes."

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

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

## **Important Points**

Choose a reasonable distance to transport the marbles or balls. For a group of 12 participants, 50 to 70 feet (15 to 21 meters) is adequate.

## **Discussion and Debriefing Topics**

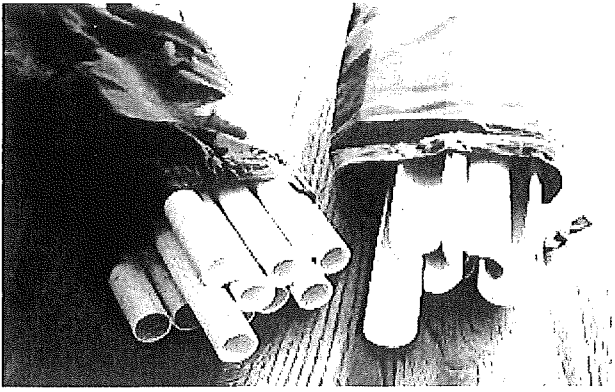
Do you think your group worked together well, or were there fine points that could be improved upon? How did your group decide on the plan? Did the execution of your plan change during the activity? Did the order of participants change during the activity? How many of your marbles (goals) did you achieve?

## **Sequence**

Marble Tubes require just a bit of problem solving, but quite a bit of activity, especially if the marble is going uphill. This activity has a lower energy level, and may be useful in between a high energy activity and a processing or reflective moment.

**Jim Cain**  
**Teamwork & Teamplay**

*You can find exciting adventure-based activities and equipment at ADVENTURE HARDWARE, featuring many of the Teamwork & Teamplay props, including Marble Tubes. Visit [www.adventurehardware.com](http://www.adventurehardware.com) or 1-800-706-0064*



# *The Lycra Tube*

Here are a few suggestions for activities that you can do with a Lycra Tube.

## **Equipment**

5 yards (4.6 meters) of 36 to 60 inch (0.9 to 1.5 meters) wide nylon lycra material sewn into a tube. You'll want a large flat grassy area for using the Lycra Tube.

## **Variations**

**LEAN ON IT** - Have participants stand inside the Lycra Tube facing the center. Slowly back up until the Lycra Tube is completely stretched tight. At this point, participants can lean outward slightly and feel the support of the Lycra Tube.

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

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

**WALK AROUND THE WORLD or ROCK AND ROLL** - With the group standing inside a very limp Lycra Tube, have a single participant back up, stretching the Lycra Tube in the process. This participant will now roll to the right completely around the inside perimeter of the Lycra Tube, until they reach their original starting position. The next person to the right then begins their journey. Encourage participants to stand near the center of the tube, so that they do not contact the person rolling around the perimeter. This activity has been known to make some participants dizzy. Proceed with caution, and encourage participants to stay in control during their journey around the tube.

**THE GIANT ROLL** - This activity is the same as Around the World except that all participants roll at the same time and in the same direction. Encourage participants to keep adequate space between themselves to minimize contact during this activity.

**4x4 CROSS OVER** - No question about it, this is "the activity" to do in a Lycra Tube. It is also the most energetic activity, and one that requires some appropriate safety considerations.

Begin with four participants of nearly the same weight in the Lycra Tube, equally spaced around the perimeter. Assign two opposite participants to be partners for Group 1, and the other two opposite participants to be partners for Group 2.

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

Begin by asking Group 1 partners to back up. As they do, they pull the Lycra Tube tighter. The Group 2 partners now walk forward, almost touching right hands, changing places with their partner, and then backing up. As Group 2 partners back up, Group 1 partners come forward, almost touching right hands, changing places with their partners, and begin backing up. Walk this section of the activity at least four times before speeding up the cross overs. This cross over process continues indefinitely. As each group backs up, the Lycra Tube gives a firm push forward to the other group. The harder each group backs up, the stronger the push forward for the other group.

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

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

**6x6 CROSS OVER** - This activity is similar to the 4x4 Cross Over, except that it requires six participants, working as two groups of three. Every other person around the perimeter of the tube is a member of the same group. Group A members push back against the

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

**PROCESS IN IT** - The Lycra Tube can be a great place for processing and debriefing after another challenge activity.

**INSTANT SHADE** - If it happens to be a sunny day, and there are few trees in sight, the Lycra Tube can be used to provide shade for the group. Just stretch the Lycra Tube into a large circle, and lift the top of the Lycra Tube over the heads of all participants by about 24 inches (610 mm). The stretch within the Lycra Tube will create a canopy that blocks the sun.

**SCAVENGER HUNTS** - Pile the entire group into a Lycra Tube and send them off on a scavenger hunt. They'll need to stay inside the Lycra Tube for the whole event. If they stop for a drink of water, they'll need to work together.

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

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

### Important Points

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

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

Lycra is a fairly expensive material. You can often find it on sale during the fall and winter months. Color is really unimportant, although darker colors will hide grass stains better than lighter colors. Patterns are fine too, but try to avoid vertical stripes (these tend to make participants dizzy). 36 inch (0.9 meter) width lycra is perfect for young children. 48 to 60 inch (1.2 to 1.5 meter) width lycra is fine for adults, but for some activities, the 60 inch (1.5 meter) wide fabric is almost too wide. 5 yards (4.6 meters) is an ideal length for groups of 7 to 10 participants. Additional fabric can be added for larger groups, but the spring-like bounce of the Lycra Tube will certainly be affected by this additional length, making the cross-over activity a little less thrilling (which may be a good thing after all!) If you happen to have any left-over lycra, try making blindfolds using 7 by 21 inch (178 by 534 mm) pieces.

*You can find exciting adventure-based activities and equipment at  
ADVENTURE HARDWARE, featuring many of the Teamwork & Teamplay props, including Lycra Tubes.  
Visit [www.adventurehardware.com](http://www.adventurehardware.com) or 1-800-706-0064*

# TEAMWORK & TEAMPLAY

## Magic Carpets

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**Magic Carpet** requires a minimal amount of equipment and provides a challenging initiative to solve. Several of the variations presented make this activity adaptable to many audiences.

### Equipment

The Magic Carpet consists of a single piece of tarp or plastic cloth. Other options include a plastic shower curtain, plastic tablecloth, or blanket. For groups of 8-12 participants, the Magic Carpet should be approximately 4 feet by 5 feet.



### The Challenge

To turn the Magic Carpet over, without touching the ground surrounding the Magic Carpet.

### Typical Presentation, Storyline or Metaphor

Your group is on a Magic Carpet ride, high above the fields of the surrounding countryside. You suddenly realize that you are going the wrong direction, because the carpet you are riding on is in fact, up side down! Since you are no longer touching the ground, you must turn the carpet over, without stepping off the carpet.

### Variations

In order to limit the risk in this activity, request that all participants must maintain contact with the Magic Carpet at all times. This eliminates the option of carrying participants on shoulders and other balance related concerns.

One variation which greatly increases the difficulty, and time required to accomplish the activity, is to only allow participants to touch the Magic Carpet with their feet. For this technique, participants will typically scuff the carpet to turn it over. Make sure to use a tough material if you choose this method. Thin plastic sheets have been known to tear during this variation.

For large groups, provide three Magic Carpet sizes, and place these near each other before participants climb on board. If you mention that the whole group is one team, they may decide to combine resources, and transfer to another Magic Carpet while turning over their own empty Magic Carpet. Once the group has accomplished this task by combining resources, encourage them to repeat the activity, this time without sharing space or carpets with the other members of their group. If the three Magic Carpets are placed further away, participants may choose to shuffle the carpets closer together rather than working alone.

Using a plastic cloth or tarp that is a different color on each side makes it easy for a group to see when they have accomplished their goal.

Consider using a series of decreasing size Magic Carpets to increase the difficulty level. If you happen to be using the inexpensive plastic table coverings available at many party stores, you can even cut off a portion of the Magic Carpet after each successful inversion.

Another variation using a single Magic Carpet is to begin the activity with a single person, and gradually add additional team members each time the carpet is flipped over.

A substantially different solution is possible if the facilitator mentions that each participants feet must be touching the Magic Carpet, but yet allow other parts of the body to touch the ground surrounding the carpet. This method works well for very small carpet sizes.

Another variation involves using different shapes for the Magic Carpet. In general, rectangles are easier to flip than squares. Triangles are easier to flip than circles. Perhaps alphabet shaped Magic Carpets could be used. Each new geometry is likely to produce a slightly different solution technique.

Finally, rather than calling this activity Magic Carpet, you can call it Surfing the Web, and make up your

own metaphors regarding the flip side of data and anti-data in the computer world.

#### Important Points

The size of the Magic Carpet and the size of the group greatly effects the difficulty in accomplishing this initiative. Minimize risk by requiring all participants to be in contact with the carpet at all times.

Typical solutions for this activity involve crowding a majority of the group towards one edge or corner, and having a few group members attempt to twist or fold the Magic Carpet over. For a rectangle, twisting a corner of the Magic Carpet, somewhat like a bow-tie, provides the greatest amount of area for movement.

From a mathematical viewpoint, the fundamental problem with Magic Carpet is that many of the techniques available to turn the carpet over result in reducing the area of the carpet to approximately half the original area. An optimum solution then, is one that would allow the carpet to be turned over, and yet maximize the total area of the carpet throughout the activity.

Oddly enough, carpet is not a good choice for the Magic Carpet initiative. It is difficult to fold and is generally too thick to twist easily. Plastic sheets are a better choice, and take up much less space in the equipment storage container.

#### Discussion and Debriefing Topics

An interesting question to ask participants during this initiative is what their role is with regard to the solution. Were they active or passive in their contribution to the final solution. Who did the most work

One debriefing method, known as *Both Sides Now*, uses the Magic Carpet as a tool for conflict resolution. Using a light colored plastic material, allow participants to write their feelings, or expressions, or supporting evidence for their side of the conflict. Participants with opposing views are then asked to write their comments on the other side of the material. The activity proceeds just as Magic Carpet does, but with participants reading these comments out loud during the struggle to turn the material over.

Another therapeutic technique for Magic Carpet, known as *Turning Over a New Leaf*, uses this metaphor for audiences with dependencies. The struggle to overcome adversity and turn over a new leaf can be assisted by other group members, and occasionally some outside support - all of which can be processed during the activity.

#### Sequence

Magic Carpet requires all participants in a group to work within a tightly constrained space. As such, it is important to build up to this level of proximity.

#### Activities Using Similar Skills and Follow-on Activities

The tarp or plastic sheet used for Magic Carpet can also be used for Cave In, Danger Zone, and Blackout. The proximity of this initiative is similar to All Aboard

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For these and other exceptional teambuilding activities, consult the Adventure Hardware website, and also try the award winning adventure-based teambuilding book, *Teamwork & Teamplay* ISBN 0-7872-4532-1 (available from Adventure Hardware), by Jim Cain.

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*Teamwork & Teamplay*, by Jim Cain, was awarded the Karl Rohnke Creativity Award by the Association for



## Activity 4.11

# Bag It

This activity is similar to a party game we played as children. Who knew back then that it would grow into a full fledged challenge activity?

### Equipment

A drawstring stuff sack, filled with about six or eight small objects. The objects inside the bag should be unique, and have no sharp edges or corners.

### The Challenge

To pass the bag once around the group without talking, while group members feel (but not look) inside the bag and attempt to guess what it contains.

### Typical Presentation, Storyline or Metaphor

During the recovery of treasure from a sunken vessel, a variety of items have been gathered and stored in a special storage vessel. Many of these artifacts will degrade in sunlight. Your group has been selected to inspect the contents of the vessel (the stuff sack) and to determine the items it contains, without exposing these objects to sunlight.

### Variations

There are a fair number of challenge related props such as z-balls, carabiners, figure 8 descenders, building blocks, ping pong balls, a rope with a square knot tied in it, half a tennis ball, etc. that will be familiar to the group. Consider using some not-so-familiar objects, such as turn of the century kitchen equipment (eliminate any items with sharp edges), an 8-track tape, a pet rock, a child's toy, etc. If you want to use a teachable moment, try filling the bag with small pieces of rope tied into various knots, and then asking the group to decide which knots are present.

If your space and time permits, have two bags ready. For the first bag, do not allow the group to talk as the bag is passed just once around the group. Then have the group collectively decide what is in the bag.

If you really want to draw out the group process, have the group try to decide what color each object is.

For the second bag, with different objects from the first, allow the group to openly discuss the contents of the bag as it is passed from person to person. As an additional challenge, ask the group to rank the objects from most expensive to least expensive, or from hardest to softest.

### Important Points

Each of the objects in the bag must be smooth, soft and free of any sharp edges, points, or potential for pinching the probing fingers of each investigator. Accuracy and not speed is important for this activity.

### Discussion and Debriefing Topics

Which items were the most familiar? Were there any unusual items in the bag? Did the facial expressions of others in the group alert you to the presence of anything unusual in the bag? Which method was more difficult, the first round where talking was inhibited, or the second round where conversation was encouraged? Why?

### Sequence

This is a fairly low energy activity, and should be used as a cool down activity after a high energy event, or when the group just needs to slow down a bit.

### Activities Using Similar Skills and Follow-on Activities

Other activities which modify our senses includes Mine-Mine-Mine, and the adapted version of Community Juggling where participants wear large cotton gloves.

### Notes

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