

Start the Year with a Strong Team!!

Together Everyone Achieves More

- 9:00-9:20** registration, refreshments, and “fact finding”
9:20-9:35 sharing “fact finding” information
9:35-9:50 introductions and overview (*great time to invite the principal!*)
9:50-10:10
- electric shock
 - you’ve got mail (colored rubber-floor circles)
 - hula-hoops
 - fuzz ball name game
 - find your group by theme (put stickers on each person’s back...they may ask yes/no questions to find their group)

circus

ring master
lion tamer
acrobat
dancing bear
trapeze artist

football

referee
coach
linebacker
receiver
quarterback

band

sax player
pianist
lead singer
drummer
guitarist

restaurant

waiter
chef
hostess
bus boy
cashier

Combine into two groups (*the four groups allow sub-divisions if needed later*)

10:10 - 11:50 *confidence course*

* events need to be done by all groups for the “common experience” (*any events not completed in the morning can be added to the afternoon session*)

+ events can be done inside if weather is extreme and space is available

name game*+
team juggle+
traffic jam+
rocking boat*
welcome aboard*

trust circle*+
marching machine+
reactor reload*+
all aboard*+
magic carpet ride*

hand scramble*+
pass & go balance beam+
spider web*
up and over
magic sticks

11:50-12:00 lap sit*+ and small group debriefing

12:00 - 12:40 lunch

12:40 - 12:50 •large group activity – turn style (jump rope)+

12:50 – 2:25- *confidence course continued*

two truths and a lie*+
triangle traverse
doughnut*
tire mountain
trust fall

pass and go balance beam
alligator crossing+
cooperation cable
moon walk
water wheel

all aboard+
cooperation+ (*back to back*)
roly-poly+
wall*

2:25 - 2:35 gather at tree house or return to all-purpose room

2:35-2:45 large group debriefing (what did we get out of today)

2:45 – 2:55 logistical information for rest of retreat (location/times/etc.)

2:55-3:00 large group lap sit and departure

Directions for additional indoor teambuilding activities....

***Blind Polygon** - Materials: rope or yarn (varying lengths, depending on number of people in groups - want about 4' of rope per person), blindfolds for each person (or trust them to keep their eyes closed!)

- The group must form a perfect square, triangle and or pentagon using a rope while they are blindfolded. All the members must have at least one hand on the rope at all times.

Break out the Laughter: Oo-Ah - Form a circle and join hands. Designate a person to start. The first person will squeeze their right hand and say "Oo". The person whose left hand is being squeezed will say "Ah," then they will squeeze their right hand and say "Oo" and the person whose left hand is being squeezed will say "Ah," then they will squeeze their right hand and say "Oo" The result is an electric pulse being sent around the circle - you should hear, "Oo, ah, oo, ah, oo, etc...!"

***Cards:** There are a lot of activities you can do with a deck or two of cards. Depending on the amount of time you have, here are several things that you can do: (large group "get to know")

- Have everyone pick a card from a deck of cards. Don't show it to anyone. Have everyone walk around and shake everyone's hand...TASK - if you have a heart, squeeze the other person's hand as you shake it. Give a few moments for people to interact, then ask those without hearts to identify who they think have hearts.
- Get together with other card holders to form 3 of a kind, total of 27, etc. Each time you regroup, have the small group do a task, share information, etc.

Conductor: Sit in a circle. Choose a conductor. Everyone creates a sound and rhythm using his/her voice and/or hand, feet, etc., which the conductor must orchestrate.

Human Machine - There are two ways to make a human machine (and variations you may invent!)

- Divide into groups of eight to ten people. Explain that the group must make a human machine. Each person in the group will be a part in the machine. He/she must be connected to another moving part of the machine, must make some type of movement (i.e.: bending an arm, squatting and standing, etc.) and must make some type of noise to go along with his/her movement. (Optional - the machine should serve a function.) Have groups share their invention.
- This machine is basically the same as above, however, one member of the group should start the machine with a movement and sound and then, one at a time, each person connects him/herself to another part, making a new movement and a new sound. Continue until all are in the machine. Try to figure out what to call your new invention - share with the other groups.

Line-Ups: The group lines up on a log, board, or line on the floor, etc. By changing places without stepping off the line, the group will form a line by birthday order, last 4 digits of their phone numbers, etc. (Can also do this without talking).

***Poison Pods:** (1' squares of paper and blindfolds) - The group must cross the treacherous terrain without stepping on a poisonous pod or running into another group member. Pods, when stepped on, cause dizziness and group members, when run into, cause "blackouts"

- Half of the group is blindfolded and the other half of the group acts as "verbal guides"

- The guides stand out of the course and must verbally talk the blindfolded members through the terrain (if necessary, you may need to suggest that members get in pairs and only worry about one member crossing)
- If a blindfolded member steps on a square, he/she is overcome with a “dizzy” gas and must spin around once before proceeding
- If a member runs into another blindfolded member, he/she “blacks out” and must go back to the beginning of the course and start over
- After all of the blindfolded members have successfully crossed the terrain, the other half of the group must then cross the terrain

Shoe Search: Have all persons sit on the floor and put their feet inward (so that the group forms a figure similar to the spokes of a wagon wheel). Have each person pick a shoe (in the circle) that they feel they are like and tell why.

Skin the Snake - Have the group form a single line facing forward. Participants take their right hand, and put it back between their legs, taking the left hand of the person behind them. The last person in line lies down while still holding the hand of the person in front of him or her. Each person in line then steps backward while straddling the person lying down, still holding hands, until this process has all group members lying down. The group members reverse the process and the last to lie down is the first to get up. The first person walks forward until all group members, with hands joined, have gotten up from the floor.

Electric Shock: Arrange delegates in two lines, seated on the floor, facing each other, with the two rows about two feet apart. At the end of the line, place a spoon (marker, etc.) in-between the two last people (about an arm's reach away). A trainer should stand at the front of the two lines. Trainer asks the first person only in each line to watch as a coin is tossed (all of the other should turn their heads to look away from the trainer). If the coin ends up heads, the delegate at the front of the line needs to squeeze the hand of the next delegate and so on. The first person at the end of the line to receive the squeeze picks up the spoon. The team who picks up the spoon first receives a point. If the coin ends up tails, no squeezing should occur. If a team picks up the spoon after a tails toss, they lose a point.

Two Truths and A Lie: Ask each delegate to think up two true facts about themselves and one believable lie. After some think time, delegates share their "facts" one at a time. The rest of the group must guess the lie.