

TEAM 2013 Pre-Conference Tag-TEAM Activities  
with Sam Sikes, Jim Cain & Chris Cavert

Thank you all for joining us at the Tag-TEAM Activities pre-conference presented at the 24<sup>th</sup> Annual TEAM Conference. Below is a summary of (most) activities presented. If you have any questions please connect with the person associated with the activity – our emails are located at the bottom of each page. We hope you get to play every day!! Be well!!

LARGE GROUP SESSIONS

**Jim – Qi Gong** (8 Brocades). Warm Up with the Matrix moves. (This is a hard one to capture in words – we hope you remember most of this one!)

**Sam – Circle Stretch from *99 of the Best Corporate Games We Know***

- Get into a circle close enough so that your feet are shoulder width apart and touch the feet of the person on either side of you.
- Raise both your hands high into the air and stretch your body well.
- Now drop your left hand and keep your right hand up. Slowly lower your right hand and touch your left ankle. Feel free to bend at the knees: we don't want to hurt anyone. (repeat for other hand)
- Put both hands up. Drop your right hand; keep your left hand up. Slowly lower your left hand and touch your right neighbor's left ankle. Again, bend where you need in order to make this work. (repeat for the LEFT hand and the LEFT neighbor's RIGHT ankle)
- Both hands up. Drop your right hand; keep your left hand up. Slowly lower your left hand and touch your right neighbor's right ankle. Use each other for support if you need to. (repeat for the LEFT hand and the LEFT neighbor's LEFT ankle)
- Hands up. Slowly lower your arms to the back of the people on either side of you. Slowly look over your right shoulder; now look over your left shoulder; then face forward.
- Now supporting the people on both sides of you, slowly lean back and try to look up and back as far as you can without falling over.
- Bring it back to the center and slowly let go. Relax. Shake it out!

**Chris – The DeKine Game** (Learned from the Gamer, Mike Spiller – found in the upcoming *More Affordable Portables* by Cavert & Friends)

Mike shared this warm-up with me after returning from a workshop in Hawaii. DaKine, according to Mike, roughly, means thing-a-ma-bob or the what-cha-ma-call-it – something you can't remember the exact word for.

For the initial phase of this activity you will want a list of things that participants will be able to act out (see Mike's suggestions below) as they move around the group and pass their actions to other players. You can have your group in a scattered formation within the playing area or have them stand in a circle formation. Here are some suggested "things" to exchange between players:

- The Hula-Hoop – player acts out the hip-hula while moving to the next player
- Pizza Maker – player acts out tossing pizza dough up in the air while moving

TEAM 2013 Pre-Conference Tag-TEAM Activities  
with Sam Sikes, Jim Cain & Chris Cavert

- The Juggler – players act like they are juggling 3 clubs in the air as they move
- Ball & Chain – player slides foot as if he or she is dragging a heavy weight
- Crying Baby – players arm cradle a baby and make crying noises while moving
- Balancing Broom – player holds one hand out moving as if balancing a broom
- Waltzing Matilda – players waltz (or dance) up to another player and pass it on
- Basketball Player – player dribbles an invisible ball and then bounce passes it on
- Ice Skater – players lean a bit forward, hands behind their backs, and skate
- Tightrope Walker – player moves heel-toe with arm out to the sides
- Sweeper – players use a push broom to sweep across the floor
- Paddling the River – Player uses a canoe paddle to move to the next player

I like to circle up for DaKine. I explain to my group that during this activity players will take turns delivering something to someone across the circle. Initially I will delegate the “something” (from my list) to be acted out (pantomimed) by the deliverer. For example, I might ask the participant next to me to use a pogo stick to hop over to the other side of the circle and hand it off to someone who will hop back across to continue the deliveries. Then, after the pogo stick gets stared I could ask the participant on my other side to do her best Flamenco dancing across the circle and deliver it to someone – watching out for the pogo stick. After the first two deliveries are started I like to walk around the back of the circle and delegate more actions/deliveries to cross the circle. Be sure not to have more than one action for every two players so that each action has a recipient.

Mike shares, “Sometimes before playing we ask the kids to give us some examples of things they see every day and then we select a few to start the activity – usually about six actions.” He also suggests a variation of Dakine. “Write on index cards what it is to be acted out and let selected players read the cards and then begin delivering – actions are not read to the group. Sometimes the actions get really mixed up as they are passed from player to player. At the end of a few minutes, stop the action and ask what was being delivered around the group.” Like the game Telephone the actions might have morphed into something not found on any of the cards.

**WARNING:** Depending on your group, you might have to “movie rate” the deliverables, e.g., G Rated. Also, some deliveries might be very personal. Be watchful and ready to address any of the needs that come up.

As you can imagine it will get quite lively out there in the circle. Be mindful as to how many actions/deliveries a group can handle. In order to close the activity I walk around after a few minutes and individually ask players to go ahead and stay where they are – they don’t need to deliver whatever it is they have. They can keep it! Or, you can stop everyone at the same time by telling them to “Take it home!” – meaning all the deliverers can take what they have to their own spot in the circle. Basically, just keep an eye on the energy level and close it when it feels right.

TEAM 2013 Pre-Conference Tag-TEAM Activities  
with Sam Sikes, Jim Cain & Chris Cavert

**Sam – The Captain is Coming** (found in *Executive Marbles* by Sikes)

Everyone gather into a circle. I want you to use your imagination for a moment. You are all a crew on this sailing ship and I am your captain. I will be barking out orders and I expect you to obey those orders before I blow my whistle. The first order is, “The captain is coming!” When you hear that command you need to come to attention and give an appropriate salute. The captain is coming!

We clean this ship a lot, so when I call out, “Swab the deck!” you will need to act like you are swabbing the deck. Swab the deck! The captain is coming!

Sometimes we get into some rough waters and I have to call out, “Lighthouse!” When I do that, you and a partner need to put your hands together above your heads and in the lighthouse sound and movement turn in a circle and say, “Boop, boop, boop!” Lighthouse!

Every so often, someone falls overboard and I need to shout, “Man overboard!” When I say that, you and two others should get together so that two of you are forming a circle around the one looking for the person who fell overboard. Man overboard!

At this point you may have noticed that some people are not able to get into the right-sized group before I sound the whistle. If you are not in the right-sized group when the whistle sounds, you will have to walk the plank. Walking the plank means you will have to go to the corner and sing a pirate song. It goes like this, “Oheeeoh, a pirate’s life for me. (Motion for people to sing with you.) Oheeeoh, a pirate’s life for me. Oheeeoh, a pirate’s life for me.” And that continues until the end of the game.

There is another command. Sometimes we need to get to land and so I call out, “Row ashore!” When I do that, you plus three others will need to form a single-file line and act like you are rowing ashore. Row ashore!

We do need to eat on this ship, so I will call out, “Grub time!” When I give this order, you plus four people which makes five will huddle together with one hand out holding your plate and the other holding your spoon while you say, “Grub, grub, grub!” Grub time! Be sure you have only five in a grub time group. If there happen to be six in a group, all six of you must walk the plank.

Let me do a quick review for you and then we will set sail. (Say and demonstrate all the orders quickly then start everyone swabbing the deck.)

Facilitator Notes:

For larger groups, the instructions can be given without the need for a circle. As long as people can see and hear you, the activity works well. As with any large group activity of this type, feel free to exaggerate your presentation as the captain.

For larger groups you will want to have some first mates to help you send people to walk the plank. A song leader is also fun to add so that the plank walkers do sing and maybe even do a little chorus line kicking just for fun.

Vary the orders and give the players a few seconds to find a group. Show no mercy for sending people to walk the plank if they cannot get into the right size group before you blow the whistle. Keep the

TEAM 2013 Pre-Conference Tag-TEAM Activities  
with Sam Sikes, Jim Cain & Chris Cavert

action moving. Take just enough time for people walking the plank to be identified then call out another order.

Play until there are only two people remaining or until your time for the activity has run out. It is fun to recognize the remaining players by announcing that they are your two new first mates.

After playing this activity you can use it as a tool to divide people into groups. For example, if you need teams of five, just say, "Get into grub time groups," and everyone will quickly gather into teams of five.

#### Captain's Orders

- **"The captain is coming"** - Everyone stands at attention and salutes the captain
- **"Swab the deck"** - everyone acts like they are quickly mopping the floor
- **"Lighthouse"** - Everyone gets into pairs. They stand facing each other, and then turn in a circle while saying "boop, boop, boop"
- **"Man overboard"** - Everyone gets into groups of three. Two people hold hands to form a circle around a third person that stands looking for the man overboard.
- **"Row ashore"** - Everyone gets into groups of four. They line up single file, facing the same direction and act as if they are rowing a boat together.
- **"Grub time"** - Everyone gets into groups of five. They stand in a tight huddle and act as if they are spooning food into their mouths while quickly saying "grub, grub, grub".

For people who cannot get into a group during the game, they must **"walk the plank"**. These people walk over to a designated area and sing a pirate song. "Oheeeeh, a pirate's life for me" (repeat over and over)

#### **Jim – The Big Question** (with Teamwork and Teamplay Card)

Everyone was handed a Teamwork and Teamplay (oversized) card. On this card was a "Big Question" question. Participants mingle around finding others to trade answers to the question on their card. After sharing the answer players trade cards and then go off to find another person to share their question and answer. (find the Cards through Jim's website)

If you don't have the cards yet, you can make your own "Big Question" deck or have your participants create questions and trade these around the group.

TEAM 2013 Pre-Conference Tag-TEAM Activities  
with Sam Sikes, Jim Cain & Chris Cavert

**Chris – Boogie Ball** [I learned this one years ago from William Hazel]

Divide your larger group into smaller groups of 8 to 10 players. Ask each small group to circle up. Give each group one (safe) tossable object. This one starts out like the traditional Toss a Name Game (Rohnke, *Silver Bullets*). Before any tossing begins ask players to go around and learn/review/practice the names of their group members.

When everyone has at least one name they can remember the player with the object calls out the name of someone in the group, waits for some indication of connection from this player (e.g., eye contact), and then tosses the object to this player. The receiving player says, “Thank You” and then repeats to process – ultimately tossing the object to another player. This continues until the “sound” – either some lively music starts playing (my favorite song is “Wipe Out” by The Surfaris) or the cowbell – is heard.

After the sound is heard the player with the object becomes the leader of the group. As the leader he or she will hold onto the object and then take the group on a safe follow-the-leader trip around the playing area. The idea is that the leader starts walking out away from the circle formation (peels out as some might say). The player to her or his right will be second in line to follow, the second person to the right of the leader ends up to be third in line and so on – the last player in line was the person in the circle to the leaders left. (If you’re using music keep it playing in the background as the groups move around.)

During this trip the leader can make things (safely) interesting by weaving in and out of other groups, or crawl under a chair or table, or skipping, or maybe even flap his or her arms like a bird. The followers are obliged to copy (by choice of course) the movements of the leader (if the movements are appropriate enough to do so). When the music stops (or the cowbell rings again) each group should circle up where they are and start the “toss a name game” action once more. When the sound is heard again a new leader (hopefully) – the player with the tossable object – takes the group on their next trip.

NOTE: To reiterate, if you have music, as you may have picked up from the text, keep the song going while the groups are moving around the play area – this tends to put a little rhythm in the steps. If you don’t have access to a good sound system so everyone can hear the music start and stop, a loud cowbell (or other noise maker everyone can hear) starts and stops the movement – you don’t have to ring it the entire time! (Unless, of course, you want to.) Also, make sure there is a clear understanding of the safety issues of your play area – climbing over things, for example, might not be the safest choice during a trip.

**Jim – Leadership Dance**

Form groups of 8 to 10 participants. Number off people starting from #1. Using a collection of eclectic music (cut each song down to about 90 seconds) each person in turn leads his or her group through movements – starting out with stationary upper-body movements to warm up, transition into moving around the room (like follow-the-leader), and then end with one or two songs back in stationary mode.

TEAM 2013 Pre-Conference Tag-TEAM Activities  
with Sam Sikes, Jim Cain & Chris Cavert

**Chris – Eye Contact Partner Tag** [I learned this one from Patrick Gallagher – actually I was standing next to Patrick when he came up with the idea!! That was pretty cool!!]

Have the participants partner up with someone approximately their same height – in most cases it works out (if it doesn't, be creative). A group of three will work out if needed. Create a boundary area (using safe corner markers like coats or sweaters) suitable for your group size – the smaller the area the more interesting the game (the larger the area the more dangerous – faster running). This one plays like the historical Partner Tag where players use a simple hand tag to transfer the "IT." Also the only player you will be able to tag is your partner and after being tagged you must make two complete turns in place before proceeding to tag your partner back.

All these same rules apply to ECPT however, the one big difference is the mode of tagging. To tag your partner you must make eye contact with her or him. With this in mind, there are a few additional rules. All players must keep their eyes open. Non-"IT" players must keep their open eyes (it's okay to blink) at head level – either making eye contact with another player or looking at some part of another players skull area. Finally, we like to play the no-contact rule. Players are not allowed to link up in any way with another person as to prevent another player access to possible eye contact. To start the game, decide which player will be "IT" first. The "ITs" stand in the center of the boundary area for a count of five (the group counting together) while the other players find strategic (?!) advantage within the playing area. We tend to play 60 second rounds. After 60 seconds the untagged partner is the winner of the round. ECPT is one of those games that is not done justice by the written word. Give it a try, it's really interesting.

**Variations:** You might add the rule that players may not maintain eye contact with anyone for more than 3 seconds – adds a bit more "tagging" potential. We often progress into ECPT from the traditional tag version (Partner Tag) to keep the game and interest going. And if we may (props are involved), Chris' favorite Partner Tag variation is played with foam pool Noodles!

**Jim – Sunny Side Up**

(Sorry, I [Chris] didn't see this one. I think this was the one with the tarp that had the holes in it.)

**Sam – Ring The Runner** (from *The More The Merrier*, Sikes, Evans & Cavert)



Everyone gathers at the starting line for a demonstration. This game is called Ring the Runner because that's the main action... alternately, team members run and when they are ringed with the hoop1 they can keep moving ahead toward the finish line.

Your challenge as a team is to advance, from the start line to the finish line (and maybe back again!) To move forward, members of each team line up behind the starting line. Player 1 runs forward,

TEAM 2013 Pre-Conference Tag-TEAM Activities  
with Sam Sikes, Jim Cain & Chris Cavert

toward the finish line. Player 2, still standing with the other team members behind the starting line<sup>1</sup> holds the hoop and shouts, "stop!" when he can be sure of his ability to ring the runner with the hoop. Upon hearing "stop" player 1 halts and turns around to face Player 2, who tosses the hoop over the up stretched arms and head of the runner who is standing still. The runner can stretch to meet the hoop but feet must remain firmly planted. Teams may begin to advance ONLY when the hoop has ringed the runner ALL THE WAY TO THE GROUND. (Make concessions if hoop is too small for a player's girth).

IF successful, the remaining team runs forward to meet Player 1, who is replaced by Player 2 as the new runner, and Player 1 runs to the back of the team line. Player 2 now runs forward as Player 3, hoop in hand, shouts, "Stop!" The running and ringing continues, leap frog style, until the entire team has successfully met it's distance goal. IF for instance, Player 4 is unsuccessful in ringing the runner (perhaps<sup>1</sup> because the runner is too far away or the throw is off target), the runner retrieves the hoop and returns it to Player 4 at the most recent starting point, Player 4 and the runner try again from the same position on the field, perhaps shouting, "Stop!" at a more realistic distance. Remember that teams may begin to advance ONLY at the moment when the hoop has ringed the runner ALL THE WAY TO THE GROUND. The runner may use hands to wriggle the hoop to the ground.

**Chris – Quinn-tessential Challenge** (found in the upcoming *More Affordable Portables* by Cavert & Friends)

The full Q-Challenge involves three stages. Each stage could also be presented independently of the others, or you could present two of the stages together depending on your group and the time you have available.

Stage One: Line Toss

(Note: Bill picked up this first Stage of the Challenge from Mike Vondruska. The second two stages are all Bill. )



Line up the participants shoulder-to-shoulder starting out with at least elbowroom between each person. Each participant will need one tennis ball. The straight-forward challenge of this activity is for each person to toss his or her tennis ball – overhead simultaneously – up into the air [you could say “straight” up if you want]. After the – simultaneous – toss every person moves one position to the right setting him- or herself up to catch a different tennis ball – the tennis ball tossed up into the air by the person to the right. Of course, as we know about “line movement theory” the last person on the right side of the line will need to move to the front (or left side) of the line – and catch the tennis ball tossed up by the person who left her spot.

Following the “Spiller Rule” (once is luck, twice in a row is skill), to successfully accomplish the activity, require the group to toss and catch, without drops, twice in a row. (You could also require more “in a row” depending on your group and the time you have for the activity. (If I plan to move into another Stage of QIC, I only ask for “twice in a row.”

TEAM 2013 Pre-Conference Tag-TEAM Activities  
with Sam Sikes, Jim Cain & Chris Cavert

No real safety issues here if you use safe tossable objects. One facilitation point about spacing – I don't implement a spacing requirement. This will be up to the group to work through what is best for their process. However, I do require a "straight" line, preventing the "curved" line out-of-the-box thinking option. (You could, of course, not say anything about the line allowing the group to problem solve the shape.) I also let the group work out the "simultaneous" toss requirement. I don't call it out for them. But I will tell them if the toss WAS NOT simultaneous.

Stage Two: 1, 2, 3 Circle Toss

Circle up your group for this Stage with, initially, about a one arms reach between participants. Each person has one tennis ball. During this stage participants are stationary – no locomotor movement. This is a three-part challenge:

Part 1) All participants in the group instigate a simultaneous tennis ball toss [this will be organized by the group] where each tennis ball is tossed – again, at the same time – over the top of the tossers head and caught by the person directly behind the tosser. Catchers are allowed to move one foot away from their spot – the other foot must be planted on their spot. When the group can attain 100% catching success, twice in a row (Spiller Rule – see information above), then they can move to Part 2.

Part 2) After a simultaneous toss the tennis balls must be caught by the participants two spots behind the tossers. Catchers are allowed to move one foot away from their spot – the other foot must be planted on their spot. When the group can attain 100% catching success, twice in a row (Spiller Rule), then they can move to Part 3.

Part 3) Yes, you guessed it. After a simultaneous toss the tennis balls must be caught by the participants three spots behind the tossers. Catchers are allowed to move one foot away from their spot – the other foot must be planted on their spot. When the group can attain 100% catching success, twice in a row they have accomplished Stage Two of the Quinn-tessential Challenge.

Stage Three: 1, 2, 3, Moving Circle Toss

This Stage (of the game, so to speak), is very similar to Stage Two, however, the group, in circle formation, must be moving during the tosses. Initially, the group is asked to establish a synchronized circular walking pattern – you might even call this a "marching" cadence – that must be continued, without a misstep, until the task is completed.

Once the cadence is established three tosses are incorporated. The first sync-toss must be caught by the person directly behind the tosser. The second toss is caught by the person two back from the tosser. The third toss is caught by the third person back from the tosser. As long as the synchronized walking cadence continues the tosses can be incorporated at any time – they do not have to be one toss right after the other. But again, all tennis balls must be tossed at the same time during each toss.

FACILITATION/SAFETY: As of the time of this writing, Bill has not seen any group accomplish all three stages. So, programmatically, failure is most likely to occur. In other words, one of the facilitated objectives of this activity is to experience failure and how the group reacts to this experience.

When frontloading this activity Bill tells his groups "you will not be able to do this." A statement like this can be seen as a challenge or possibly a qualification of the group's ability where they wonder why they



TEAM 2013 Pre-Conference Tag-TEAM Activities  
with Sam Sikes, Jim Cain & Chris Cavert

would even attempt such a task. Be mindful of how you approach this with your groups. Frame it in a way they will lead a group towards its objectives.

In my experience with this activity so far Stage 1 is the most risky. Due to the speed at which one person will be moving towards the far end of the line there is the potential for colliding participants – especially due to the fact that everyone will be looking up into the air in order to track and (hopefully) catch their tossable. Make your group aware of this fact and ask them to consider how they can “run” through this activity safely. I found the way I can help is to position myself as a spotter near the far end of the line so I can call out “eyes down” if I see a possible crash. I can also step in physically to head off contact if I’m close enough. As we know, it is difficult to eliminate all possible risk. And some say, if we do eliminate all risk can we still call it adventure education?

**Jim – Bull Ring Tower** (you can find the full Bull Ring description in Jim’s book *Teamwork and Teamplay*. You can also search “Bull Ring” in YouTube to see some action footage of this one.)

**Chris – Word Circle Puzzles** (formal write up will be in the upcoming *More Affordable Portables* by Cavert & Friends) Find the information you need in these to FUNdoing blog posts: (You might have to copy, cut and paste these??)

<http://www.fundoing.com/1/post/2012/07/silent-word-circle-puzzles-variation.html>

<http://www.fundoing.com/1/post/2013/01/word-circle-puzzles-january-2013.html>

**Sam – Cycles** (found in *Executive Marbles*, from Sikes)

- Scissors cut Paper
- Paper covers Rock
- Rock breaks Scissors
  
- Earth controls Water
- Water puts out Fire
- Fire burns Earth
  
- Colonel Sanders eats Chicken
- Chicken eats Worm
- Worm eats Colonel Sanders (He passed away.)
  
- Bear eats Fish
- Fish eats Mosquito
- Mosquito eats Bear (albeit a little at a time)

TEAM 2013 Pre-Conference Tag-TEAM Activities  
with Sam Sikes, Jim Cain & Chris Cavert

PROPS:

- Spot markers or chairs for each person plus one extra
- Cards with character names or symbols on them (optional)

OBJECTIVE: Rearrange the group so that the people with the same names are together.

HISTORY: I have always been interested in cycles that, for the most part, go in one direction. Maybe it is my need for structure and predictability... or maybe not. The collection of one-way cycles came from a variety of sources. For example, the Elephant, Man, Ant cycle comes from an African folk tale.

PREPARATION: Place enough markers or chairs in a circle for everyone plus one extra. I like to teach people non-verbal hand signals for each of the characters, but other people like to make name cards. If you have cards, pass them out once everyone has taken a seat.

INSTRUCTIONS: You could use the following instructions for a group of 9 to 30 people.

“Everyone take a seat. Has everyone played Rock, Paper, Scissors? We are about to do an activity that has similar dynamics. Each of you will be assigned a name that will determine who you dominate. The object of the activity is to end up sitting in a group next to everyone who has the same character name as you.”

“Now there are some restrictions to how you may rearrange yourselves. 1) You may slide over into an empty seat next to you or 2) you may skip over one person next to you to sit in an empty seat. The only way you can skip a person is if you are dominant over them. 3) No one can go across the circle to take a different seat. 4) Only one person may move at a time.”

“So let's find out who is who so you will know where you rank. Let's go around from person to person with Colonel Sanders, Chicken, Worm, Colonel Sanders, Chicken, Worm, etc. So who do you dominate? Colonel Sanders eats Chickens, Chickens eat Worms, and Worms eat Colonel Sanders (because he is no longer with us; he's dead).

So a Chicken can skip over a Worm to take an empty seat, but Colonel Sanders cannot skip over a Worm.”

“In order to know who is who, since you probably cannot tell just by looking at them, we need to establish some signals that show who is who. The Chickens should put their hands to their shoulders to form wings. The Worms should hold their hands together and stick out an index finger like a worm coming out of an apple. The Colonels should put an index finger under their nose like a mustache and a fist under their chin like a goatee beard. This way there will be no mistaking who is who.”

“The object is to get all the Colonel Sanders together, all the Worms together, and all the Chickens together. Go!”

When the group has completed their task, see if they can do it again more quickly... or silently... or with the fewest moves. The group may be able to complete the task while everyone holds his breath! Usually a leader emerges to direct traffic. Sometimes the group will “spin its wheels” for a while until they decide who will end where.

TEAM 2013 Pre-Conference Tag-TEAM Activities  
with Sam Sikes, Jim Cain & Chris Cavert

SMALL GROUP SESSIONS

**Chris' Group**

**Noodle Drop** (found in *50 Ways to Use Your Noodle* by Cavert & Sikes)

The noodles we used were half the size of one of those long pool noodles you can pick up from the big-box stores during the Spring and Summer months – just use a serrated bread knife to cut the long noodle in half.

Okay, Noodle Drop. Give each person a noodle. Circle up. Place one end of the noodle on the ground/floor and hold up the other end of the noodle with one index finger (left or right hand – does not matter at first). One the count of three, everyone moves over one noodle trying to “touch/catch” the top of the new noodle before it falls. Start out with short distances to travel then increase the distance to increase the challenge.

**Noodle Toss**

Use the same noodle segments as described in Noodle Drop. Challenge the group to (spear type) throw their noodles across the circle so that all the noodles are caught. Work it out to achieve the fewest possible drops.

**Migration** (noodle poppers) (found in the upcoming *More Affordable Portables* by Cavert & Friends)

I saw Noodle Poppers for the first time in the Project Adventure book, *Achieving Fitness* (I highly recommend this book to (adventure) educators ready to combine teambuilding (type) activities with health related fitness concepts. Poppers are made by cutting (about) a one and a half inch slice from a foam pool noodle toy (use the ones with a hole down the center). Then lay the slice down and cut it in half – you end up with a “C” looking shape and a “D” looking shape. Make a bunch of these fun props for Migration (and other activities that fit the tool – e.g., tagging prop, pop-and-catch it prop, structure building prop....)

Migration PROCEDURE: The first time I tried this activity was with a group of high school students attending a leadership camp. Since one of the program goals was to help them prepare for working together throughout the coming school year, my facilitated objective for Migration was to simulate a long term project/task and help them discover some of the aspects (and emotions) involved. The activity objective was to move, only by popping, the poppers (the grasshoppers in my story needed some help with their long journey) from point A to point B – which was about 50 yards. It was a timed event.

I set out all the poppers on the ground behind a long line in the sidewalk – point A. I showed everyone how to properly pop the poppers. This is done by holding the popper as shown in the picture and then squeezing the index finger and thumb towards each other – the poppers most natural reaction is to launch itself, with a pop, away from the hand. I gave everyone time to practice before beginning. When everyone had the idea and knew where they needed to end up – point B – I gave them five minutes to devise a plan before I started the time for the migration.

TEAM 2013 Pre-Conference Tag-TEAM Activities  
with Sam Sikes, Jim Cain & Chris Cavert

As with any new activity, I never really know what will happen (in fact, as we have learned in adventure education, even if we have done an activity 100 times we are bound to see something new). In this case it was an interesting discovery – at least for this group. What I observed could be interpreted as how each person in the group was use to, or liked, working on a long (time consuming) task. The group made a plan to just form a line across the width of the sidewalk they were on and pop as they go – simply bending over to pick up a popper and pop it along the course. Soon after the plan was put into action I heard someone say, “This is going so slow, I just want to get one across to the end!” This participant (P1) then proceeded to pick up one of the poppers and popped this one (only) until it across the point B line. P1 continued this process popping only one at a time until it crossed point B, then went back to pick up another from the crowd of poppers. Some of the other participants were now sitting down at this point with the main crowd of poppers and continued to work, popping away. The sitters kept at it, talking amongst themselves as they popped. Two participants eventually broke from the sitting group gathering about a dozen poppers and worked by themselves to move their number forward – they were mostly “duck-walking” down the sidewalk, popping. Then about five other participants worked together to move a couple dozen poppers – some were bending down and others were squatting as they stayed together talking and popping. The five remaining sitters continued to slowly “sweep” the poppers left behind by the others in front of them. Another interesting dynamic of the activity – even with all these different styles of working, everyone in the group finished at the same time.

During my observation (as I pointed out to the adult leaders and the group members) it was easy to see what each of the participants needed – at least for a long-term type of task. One needed immediate success and was willing to work on her own to get it. Two were after success faster than most but were willing to sacrifice some time for more productivity. Five worked together, stuck with it, socialized a bit and moved a good number of poppers. The remaining five were willing to stay engaged, but conserved energy by sitting down – they were not focused on the speed of the task, they were more interested in, what I like to call, socially tasking. With this information we were able to debrief this experience and make some transferable connections to their future work together.

So, I found this an interesting activity as a way to explore how individuals in a group take on a long-term task. Metaphorically, to some degree, a group can experience their working needs. This could give them ideas about how to delegate long-term task assignments in the future.

**Block Party** [I learned – most of – these fun activities from Nate Folan – find full descriptions in his activity book, the 100<sup>th</sup> Monkey. Find it at: [www.pa.org](http://www.pa.org)

During the workshop I used 2-inch wooden building blocks. I found them at WalMart in the toddler section of the store.

**One With the Block** (Chris added this one in....). Each player picks up a block and then finds someone to talk with. Each person share something they have in common with something printed on the block (all the sides of the blocks have different pictures, numbers, or letters on them). After sharing players exchange blocks and then find someone else to share with.

**Partner Walk** – Each person presses (index finger only) his or her block against another person’s block. Pairs to the best they can to walk around the area without letting their blocks fall to the ground. (Switch up partners if desired.)

TEAM 2013 Pre-Conference Tag-TEAM Activities  
with Sam Sikes, Jim Cain & Chris Cavert

**Bust a Move** – After some Partner Walking, ask partners to attempt some creative moves/maneuvers while still pressing the blocks between index fingers. For example, one person steps over the two blocks, or one person does a 360-turn.

**Ice Breakers** – Adding a little (keep it) fun competition, have pairs move around the group trying to dis-lodge other pair's blocks and, at the same time, protect their own blocks from being dislodged. Only blocks can be touched during the game. (Variation: if blocks fall each player in the pair picks up one block and then must "block up" with another person before reentering the game.)



**Block Structure Lift** – Challenge groups of 8 to 10 players, using about 20 blocks, to create a solid structure with the blocks, and then, only using index fingers, the group attempts to lift the structure as high as possible and then lower the structure back down to the ground – doing this without the structure falling apart.

**Spot It** (This is one of those party games that can be adapted into a teambuilding activity. I found Spot It at Barnes & Noble. You can also find it on Amazon.)

Circle up your group of 8 to 12 players – each person needs a Spot It card. Players hold their cards face down to start. Designate a starting player and ask this person to turn her card face up. Have someone in the group be the official timer (a person with a timing device works the best). When the timer says "GO!" the player to the left of the starting player flips his Spot It card over. The challenge is to find, and call out, the picture that is the same on both cards. When the picture is found the second player turns to person on his left (the starting player now turns her card face down). This third person flips over her card. Find, and call out, the matching picture. This process continues all the way around the circle until the last person in the group turns to the starting player who now can turn up her card. When the matching picture is found, and called out, the time stops.

WOW! Such pressure! Okay. Shuffle up the cards so everyone has a new one and then challenge the group to try again for a better time.

Check out this FUNdoing blog post for a Spot It Ice Breaker: (You might have to copy, cut & paste.)

<http://www.fundoing.com/1/post/2012/06/repurposed-spot-it-group-challenge.html>

TEAM 2013 Pre-Conference Tag-TEAM Activities  
with Sam Sikes, Jim Cain & Chris Cavert

**Sam's Group**

**Ring Master**

With a metal ring and light-pull chain, drop the ring so that it "stays" at the bottom of the chain.

**Sons of Job**

The sons of Job were playing pass the rock, take it or leave it, take it again.

They went niddy nody niddy nody niddy nody nid  
They went niddy nody niddy nody niddy nody nid

**Domino Match Up**

An extended explanation of this activity is in *Executive Marbles* by Sam Sikes and is called Onimod. Hand a domino to each person in the group. Ask everyone to find someone with the same number on either end of their domino. Small groups will form that can introduce themselves to each other. Another way to match is to simply total the dots on your domino and find others with the same number of dots.

**Domino Race**

Participants push on the face or back of a domino standing tall on end with one finger without knocking it over or disconnecting from it. If the domino falls, the player starts over again. On a table, a racetrack can be drawn by pencil or made with tape. Feel free to try a relay race, simple straight-line race, or obstacle course with loop-the-loops or mazes.



**4-Way Air Hockey**

We used a small carpet circle as a puck. Four equal-numbered teams surround a square playing field on the floor. Everyone starts on their team's side outside the square. The puck is tossed into the center. The puck is hit on the floor by hand. When a team member hits the puck over the boundary line of one of the other three teams, a point is scored for the hitting team, everyone comes out of the box and the puck is placed in the middle of the square again. If a team accidentally hits the puck over its own line, it loses a point

**Sam Sikes**

DoingWorks, Inc.  
<http://www.DoingWorks.com>  
512-230-0969

**Jim Cain**

[www.teamworkandteamplay.com](http://www.teamworkandteamplay.com)  
[jim@teamworkandteamplay.com](mailto:jim@teamworkandteamplay.com)

**Chris Cavert**

FUNdoing Adventure Programs  
[www.fundoing.com](http://www.fundoing.com)  
[chris.cavert@gmail.com](mailto:chris.cavert@gmail.com)  
Twitter: @ChrisCavert #adved