



Cup Stack

~ From the book "104 Activities That Build" ~

Teamwork Games from the Web site: www.gamesforgroups.com

This activity has been a strong favorite at the Therapeutic Activities and Games Workshops that have been held around the country. Some groups complete the task very quickly while other groups must keep trying and trying to complete the task successfully. The hardest part is not giving up when things get tough or frustrating or more importantly not to cheat (I've seen plenty of that at the workshops too)! Either way it's always a favorite and a fun activity.

Objective

To work together to accomplish a difficult task without quitting or giving up when someone gets frustrated.

Who

People who have difficulty working with others but who need the practice in order to improve their social skills. People who give up easily.

Group Size

3 or more (ideal to have groups of 6)

Materials

Scissors

FOR EACH GROUP:

10 paper cups of equal size

One rubber band (must fit around a cup)

6 pieces of string (two to three feet long each)

Description

(Prior to the activity cut six pieces of string, into two to three foot long pieces for each group.) Tie each piece to a rubber band as evenly spaced as possible so you finish with a rubber band with six pieces of string attached to it (it should look like a sunshine with six sun rays going out in all directions). Make one of these for every six people.

Divide your group into smaller groups of six (or as close to this as possible). Give each group a stack of ten paper cups and one of the rubber band/string implements that you have prepared. Place the paper cups on the table, spread out and upside down.

Challenge the group to build a pyramid out of the paper cups (four on the bottom, three on the next row, then two, and finally one on the top). Group members may not touch the cups with their hands, or any other part of their bodies for that matter, even if a cup falls on the floor.

Each person should hold onto one of the strings that are attached to the rubber band and the group then uses this device to pick up the cups and place them on top of each other (by pulling the rubber band apart and then bringing it back together over the cups). If there are less than six people on any given team, some team members may have to hold more than one string (but this does make it a bit easier).

Discussion Prompts

1. Was anyone frustrated at all during this activity? If so how was it handled?
2. Why was teamwork so important for this activity?
3. Are you ever in a situation where you must use teamwork? Is this always easy for you? Why or why not?
4. What are some skills needed to be good at teamwork?
5. What is so hard about teamwork?
6. What did you do today to contribute to the teamwork on your team?

Gift Wrap Challenge

~ From the book *"The wRECKing Yard of games and activities"* ~

Teamwork Games from the Web site: www.gamesforgroups.com

Moving in the same direction and working towards the same goal isn't always easy for a group of people to do. Even though it isn't easy, it is often very important to be able to work towards the same goal with others.

In this activity people will find that wrapping the boxes is a little harder than it would be normally, but with teamwork and communication the group can be successful and maybe even have some fun in the process.

Objective

For people to show teamwork when working with a partner to complete a project.

Who

People who need to learn to work with others and can handle close contact in a frustrating situation.

Group Size

2 or more

Materials

(For every 2 people)

Empty cardboard box

Wrapping paper

Tape

Scissors

2 bandannas or cloth strips

Optional: Ribbon, card, markers

Description

Divide the group into pairs. Have each pair face each other and hold out their arms towards each other. Tie each pair together with the cloth or bandannas so both wrists are tied. The right wrist of one person is tied to the left wrist of the other person.

Give them their supplies for the activity. Instruct the group that they must wrap their package as neatly as they can. Once everyone is finished, show the finished products to the rest of the group.

Discussion Prompts

1. What did you and your partner have to do in order to wrap you package successfully?
2. Are you happy with the way your package looks? Why or why not?
3. Did you both work equally together or do you feel that one person did more of the work? Why did this happen?
4. Did you and your partner have any difficulties when working together? Why or why not?
5. Can you think of a time in your life when it is important for you to be able to work together with someone else?
6. What is important for you to do in order to work together with someone else successfully?

Variations

Do this activity around Christmas time for actual gifts that need to be wrapped.

Tie more than 2 people together to form a larger group.