

10

LITTLE BOOK OF

Team Challenges

PERFECT FOR YOUR CLASS



Everyone's Adventure

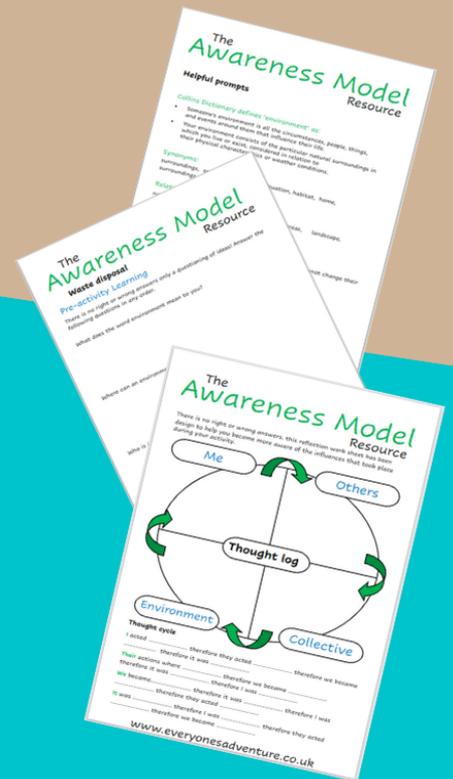
Awareness Model



To get the most out of your team challenge we recommend using a review structure like our 'Awareness Model'.

The Awareness Model has 3 sections:

1. **Thought experiment** - This gets your team in an effective mindset and ready to take on the challenge.
2. **Thought log** - This is a tool for your team to make notes during the team challenge. This greatly helps with your review.
3. **The Review** - You can decide what form this takes, but we suggest a group reflection / discussion where you look at the notes made on participants Awareness Model sheets.



Free Resources

Head to our website: <https://www.everyonesadventure.co.uk/free-activity-packs>

To find full activity details, videos, printable resources, the Awareness Model, adaptations, risk assessments for all the team challenges included in this booklet.

Gridlock

Hard

All the information you need on one page

Equipment— Mats, rope and a stopwatch.

Set up— Place 1 mat per participant and 1 extra in a line.

Place the viewing mat in front of the line.

For social distancing we recommend mats being placed 2 metres apart and Laying a rope parallel to the line of mats 2 metres away.

Objectives-

The objective of this task is for the team to swap ends of the line.

The rules:

1. The challenge starts with everyone starting on a mat with 1 free mat in the middle. (As shown in the diagram above.)
2. Only 1 person can stand on a mat at one time.
3. Only 1 person can move at a time.
4. Participants can only pass one other team member before reaching a free mat.
5. Teams cannot move backwards.
6. If any of these rules are broken the challenge resets.

Adaptations:

To make the task **harder**:

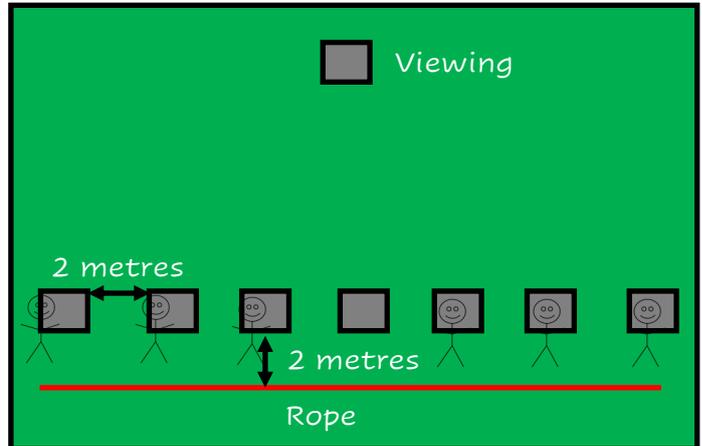
1. The only person who can talk is the one on the 'viewing mat'
2. Add a time limit.

To make the task **easier**:

1. Give the group a demonstration first.
2. Give the group 5 yes/no questions.
3. Allow the group 5 minutes to plan before attempting the task.

Videos and extras

You can find session plans, risk assessments and videos for all the team challenges within this booklet on our website for free.



Guided Walk

Easy

All the information you need on one page

Equipment— Small cones, Large cones and bamboo.

Set up— Place the small cones in two parallel lines roughly 1 metre apart and 8-10 metres in length. They will mark out your pathway

Place the other objects inside your 'pathway' to create the obstacles.



Objectives-

Objective— To guide a member of their team with their eyes closed through an obstacle course.

The rules:

1. The participant who is being guided through the course must keep their eyes shut.
2. The participant must stay between the lines.
3. The participant cannot touch any obstacles.
4. The team cannot enter the obstacle course.

Adaptations:

To make the task **harder**:

1. Increase the number of obstacles.
2. Restrict the language used by team members.
3. Add a time restriction.

To make the task **easier**:

1. Reduce the number of obstacles.
2. Allow the participants being guided the chance to look at the course before closing their eyes.
3. Allow the participant who is being guided to ask questions.

Videos and extras

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Mine Field

Hard

All the information you need on one page

Equipment—8 cones, 1 length of rope and a tennis ball.

Set up— Create two parallel lines, 2 metres apart using 6 cones. Place a cone in the middle of the two lines and place the tennis ball on top. Place a upside down cone in the middle of the lines and 1 metre away from the tennis ball.



Objectives-

Objective - For the team to move the 'mine - tennis ball' from its starting position to its finishing position - upside down cone.

The rules:

1. Participants can only touch the rope.
2. Participants cannot touch the ground in between the lines.
3. The 'mine' cannot touch the floor.
4. The cones cannot be moved.

Adaptations:

To make the task **harder**:

1. Increase the distance the participants must move the 'mine'.
2. Add a time restriction.
3. Increase the number of 'mines' to remove.

To make the task **easier**:

1. Increase the number of ropes.
2. Pre-set the ropes with a loose over hand knot.
3. Add a length of bamboo, but it can only touch the rope.

Videos and extras

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Step Count

Easy

All the information you need on one page

Equipment—8 cones, 1 length of rope and something the participants can touch (tennis balls).

Set up— lay the rope in a straight line, place the cones randomly on one side of rope (no closer than 5 paces from the rope) and place tennis balls/items on the other side of the rope. As seen in the picture.



Before introducing the rules or objective to your participants, ask them to pick up their object (tennis ball) step over the line, place it on top of a cone, and return to their starting position.

Objectives-

Objective of this task is for the team to retrieve all items from the 'activity area' and return to 'home area' within the step limit

The rules:

1. Once the items have been placed on top of the cones, the team will discuss how many steps it will take to collect all the items and return 'home'.
2. Once the participants have cross into the 'activity area' only one person can move at once.
3. Everyone must be inside the 'activity area' before the first object can be picked up.

Adaptations:

To make the task **harder**:

1. Increase the number of participants (increase the size of the 'activity area' to allow participants to safely social distance.)
2. Add a time limit.
3. No one can speak inside the 'activity area'

To make the task **easier**:

1. The team have 4 lives, these will be lost when participants move at the same time or count as a bonus 4 steps.
2. They can have 5 minutes to plan before the taking part.
3. 1 team member can go at a time.

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Steppingstones

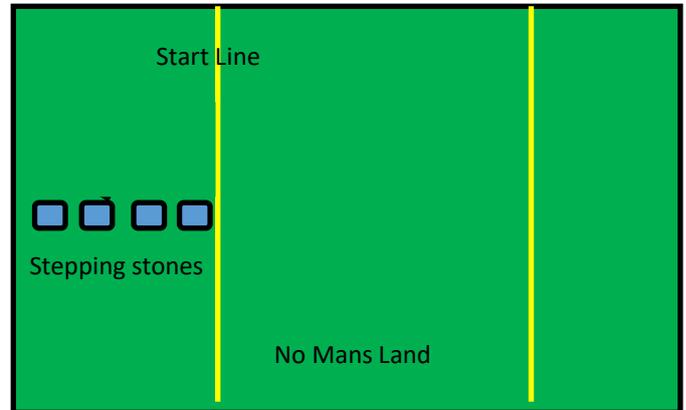
Medium

All the information you need on one page

Equipment— Rope and mats

Set up— Create two parallel lines, 15-20 metres apart using rope. These will be your start and finish lines.

Place the mats behind the start line.



Objectives-

Objective - The objective of the activity is for the entire team to cross the finish line with all equipment, without touching the ground in 'no man's land'.

The rules:

1. If any member of the team touches the ground in "no man's land" the challenge resets.
2. Any Stepping Stones without a participant touching them is removed.
3. The Stepping Stones can only be moved while they are not being stood on.

Adaptations:

To make the task **harder**:

1. Increase the distance the participants must travel.
2. Introduce a time challenge.
3. Add obstacles in "no man's land" which participants must avoid.

To make the task **easier**:

1. Decrease the distance the participant must travel.
2. Allow participants to use their hands/feet to move Stepping Stones.
3. Increase the thickness of the item used for the Stepping Stones.

Videos and extras

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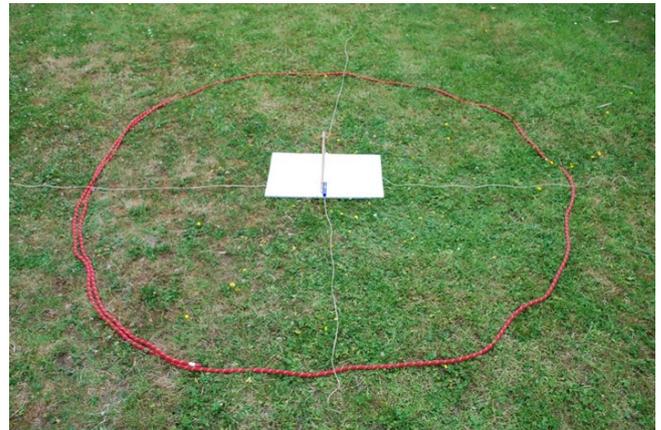
Team Draw

Medium

All the information you need on one page

Equipment— Rope, string, A3 Paper, pen, ruler and Sellotape.

Set up— Make a circle using the rope 2 metres in diameter. Place the paper in the middle. Sellotape the pen to the ruler. Tie or tape 4 lengths of string (roughly 2 metres long) to the ruler. 2 around the pen, 2 on the end of the ruler.



Objectives-

The objective of this task is for the team to write or draw something predetermined on their canvas.

The rules:

1. The participants can only touch the string.
2. They must hold the string using both their hands throughout the task.
3. Participants can not enter the marked out circle.
4. Participants can not move around the circle.

Adaptations:

To make the task **harder**:

1. Get a member of the team to close their eyes.
2. Increase the difficulty of the picture.
3. Limit the teams use of language, for example they cannot use each other's names.

To make the task **easier**:

1. Simplify the picture.
2. Reinforce the string with a broom handle, bamboo cane or tent pole.
3. Remove the ruler and attach the string directly to the flip chart marker.

Videos and extras

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Catapults

Easy

All the information you need on one page Tabletop Activities

Equipment-

Elastic Bands, selection of stationery, scrap paper and a cup

Set up

1. Group sizes are determined by how many people you can have sat around a table while maintaining social distancing.
2. Place 1 cup in the middle of the table.
3. Place 1 sheet of scrap paper on table
4. Place a selection of stationery (pencils, pens, rulers, paper clips, etc) for each participant around the table.
5. Place 1-2 elastic bands per person next to the stationery.

Objectives-

The objective of the task is for all participants to catapult a piece of paper into the cup.

The rules:

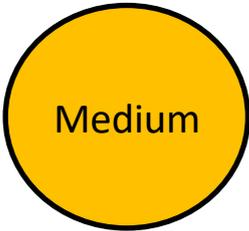
1. Each member of the team must individually build a catapult.
2. Participants must build a catapult only using the items in front of them.
3. Every member of the team must hit the cup with a piece of paper.
4. The paper must be launched from a catapult.
5. The cup cannot be moved.
6. The catapult must be in line with edge of the table.

!Take a Photo!

To be in with a chance to win a completely free activity session delivered at your location, take a photo of your teams catapults and post them on our Facebook page @EveryonesAdventureBooking

Good Luck

Cliff-hanger



Medium

All the information you need on one page Tabletop Activities

Equipment-

A selection of stationery and a clock

Set up

1. Group sizes are determined by how many people you can have sat around a table while maintaining social distancing.
2. Place a selection of stationery (pencils, pens, rulers, paper clips, etc) for each participant on the table.

Objectives-

The objective of the task is for the team to build a freestanding structure over the edge of the table (like a diving board)

The rules:

1. The participants who are sitting around the same table our a team.
2. Each team must build a structure that overhangs the edge of the table.
3. Participants within the table must take it in turns to add a item of stationery to the structure.
4. Participants can only use the stationery items provided to them.
5. The structure must over hang the table by a minimum of 30cm but as far as possible.
6. The structure should be free standing and not require support from anyone.
7. The teams structure which overhangs the table the furthest after 15 mins win.

!Take a Photo!

To be in with a chance to win a completely free activity session delivered at your location, take a photo of your teams cliff-hanger and post them on our Facebook page @EveryonesAdventureBooking

Good Luck

3 Pointers

Easy

All the information you need on one page
Tabletop Activities

Equipment-

1 bin per team, scrap paper, masking tape 2-4 metres and a clock.

Set up

1. Mark a line on the floor using masking tape.
2. On one side of the line place the bin, roughly 2 metres away.
3. Split your class into 2 groups and get them to stand on the other side of the line.
4. Each participant needs 3 pieces of paper each.
5. Participants will stand behind a line mark on the floor.

Objectives-

The objective of the task is for the team to throw as many pieces of paper into the bin as they can in 1 minute (alter the time limit to meet your groups needs).

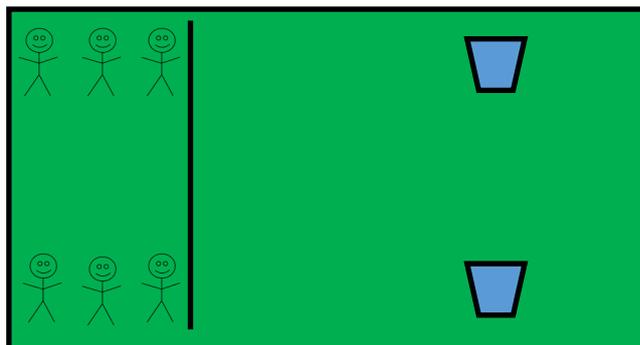
The rules:

1. Only 1 participant in the group can throw a piece of paper at a time.
2. The paper has to remain in the bin for the shot to count.
3. After a participant has taken their shot they must go to back of the line before the next person can throw.
4. The team with the most paper in their bin at the end win.

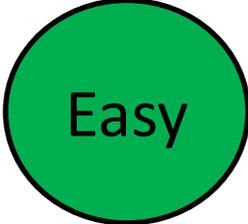
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Good Luck



Balancing Point



Easy

All the information you need on one page
Tabletop Activities

Equipment-

Selection of items of different weights, shapes and sizes. 1 per person (rucksacks, lunch boxes, shoes, coats, pencils, pens, rubbers, etc)

A stopwatch and tape measure.

Set up

1. Each participant needs 1-3 items which differ in size, weight or shape. (To make this COVID-19 secure the items could belong to the participant to avoid cross contamination or something which is easy to clean.)

Objectives-

The objective of the task is for the team to build the tallest tower they can using all the participants items.

The rules:

1. Each participant needs to place their own item.
2. Only one item can be added at a time
3. Once placed items cant be moved
4. The tower needs to be freestanding.
5. The towers base can be a maximum of 3 items.
6. After the last item is added it must remain freestanding for 15 seconds to count.
7. At the end of the challenge the tallest tower wins.

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Good Luck

Everyone's Adventure

Whats Next?



Never Fear The Adventure Continues...

On the first Monday of each month you receive our newsletter!

The Newsletter Includes:

A New Team Challenge, Printable Activity Resources, The Awareness Model Sheet, And More!

FREE

How To & Top Tips:

We also have free 'How To & Top Tip' videos, where you can learn how to read a map, use a compass, identify different types of flora, light fires, and stay safe while paddling

FREE

For more support and/or any queries you may have, do not hesitate in contacting us via

Email- info@everyonesadventure.co.uk.

Phone- 01202 028109

We aim to respond within 60 minutes!