Maze Runner:

**Objective:** Make the ball travel around the holes without falling through a hole or off the tarp (we used a sheet)

Set Up / Preparation

Between 6 and 10 participants surround the tarp spacing themselves out evenly holding on to the tarp with both hands, creating a table top effect. Supply the group with one tennis ball.

**Rules:**

1. If the ball falls off the tarp or through a hole, the game starts over.
2. Participants must hold onto the tarp with both hands throughout the activity.
3. The tarp must be stretched out so that it remains flat (like a table top).
4. The tarp must be held so that it remains at its maximum size (the tarp may not be “gathered up” around the edges to be made smaller).
5. The group must hold the tarp in the air (i.e. not laid on the ground or on any other surface).
6. If the ball starts to roll off the tarp, participants can use their body like a “bumper” to keep the ball on the tarp (hands may not let go of tarp though).
7. Tarp holes may not be blocked. Should a ball fall through a hole, it may not be knocked back through the hole (example: kicking ball with foot back through the hole).
8. The tarp may not be altered.

**Comments:**
Some common reactions for a group are to start off without a plan of action (example: “Lets do this hole first, than that hole”). Frustration can set in as the ball rolls through a hole or off the top multiple times. Success is usually achieved when the group decides on which hole to go after and they do so in a calm and deliberate fashion. A very high functioning team can accomplish this activity in 5 minutes or less. An average team takes about 10-20 minutes to complete. A team having difficulty can take as long as 45 minutes.

Debriefing
1. This activity lends itself well to discussions around achieving success despite the obstacles in our lives. Life long success is rarely achieved through chance – instead, the successful make a plan, continually evaluate, then change the plan as needed. When everyone on the team is committed to the plan success is much more likely.

2. What strategies did you apply here to experience success and are any of these strategies applicable to real life situations?

3. How is this activity just like real life? How is it unlike real life?

Hula Hoop Pass:

Description: Have the group form a circle holding hands. Ask two people to let go of their grip long enough for them to place their hands through a hula hoop before rejoining them. The team task is to pass the hula hoop around the circle in a specified direction until it returns to the starting point. Another way to play is
two use two hoops and have them go around the circle in opposite directions. You can also use loops of rope (about hula hoop size).

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**Magic Carpet**

Objective: To turn the magic carpet completely over without anybody stepping off at any point.

Story: The students are taking a magical carpet ride together. All of a sudden they realize that the magic carpet is running out of power so they must flip it over to recharge it. Students are high up in the air so they cannot step off at any point or they will fall.

Equipment needed: 1 tarp (magic carpet)

Rules:

• No part of student’s feet can touch the ground (off of the magic carpet) at any point.
• There will also not be any riding on each other’s backs or shoulders.
• No inter-digitation at any point. In other words, no lacing fingers together.
• If a student breaks the rules, the entire group must restart.

Comments: Students will have difficulty with this at first and think that the challenge is impossible. Let them talk and figure it out on their own. They will build communication and teamwork skills. Everyone has to work as a unit here.

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**Toxic Waste**

Objective: Remove the toxic waste to its designated area without spilling it.

Story: The students are now environmentalist that are cleaning up the environment. During their cleanup they realize that some toxic waste had been
dumped. It is now their job to move the toxic waste to a containment area so it can be transported out of the area safely. If any of the toxic waste is spilled it could cause side effects.

Equipment needed: 1 golf ball, 1 tennis ball, 1 volleyball, 1 large orange cone, 4 jump ropes, 20 poly strips, and 4 blind folds

Rules:

• Students must stay outside of the poly strips.

• If students drop the toxic waste they must restart and figure out what went wrong.

Easy: 8 students pick up the jump ropes and work together to remove the toxic waste (volleyball) and place it in the containment area (outside the poly strips).

Moderate: Change the ball size to a tennis ball. Could also throw in a few more obstacles such as muting a talkative participant or make a student blind by having them wear a blind fold.

Difficult: Switch to a golf ball. Could also throw in more obstacles such as blind folding each of the participants, assigning one person to give them directions. Could also make everyone in the group mute. No talking

The Human Knot

Arrange group members in a circle, standing shoulder to shoulder.

Tell everyone to put their right hand up in the air, and then grab the hand of someone across the circle from them.

Everyone then puts their left hand up in the air and grabs the hand of a different person.

Check to make sure that everyone is holding the hands of two different people and that they are not holding hands with someone directly next to them.
Tell group members to untangle themselves to make a circle without breaking the chain of hands.

If group members break the chain they need to start over.