

After reflecting on your experiences, be prepared to discuss the following events by choosing any that create a line of five boxes in a row. For example, you can discuss five separate events during today's experience where you may have listened to someone (tell about it), tried something new (what was this new thing?), considered a different point of view (share it with the group), played outside your comfort zone (what event put you there?), and offered someone encouragement (who were they?).

Laughed	Changed Something	Offered a Suggestion	Developed a New Skill	Listened to Someone
Use my Problem Solving Skills	Said Thank You	Was Glad to be Part of This Team	Tried Something New	Assisted Someone
Saw Something Amazing	Cheered	Considered a Different Point of View	Made an Improvement	Sacrificed My Personal Goals for the Good of the Group
Tried but Just Couldn't Do It	Played Outside of my Comfort Zone	Applauded	Learned Something New	Expanded my Personal Boundaries
Offered Someone Encouragement	Played a Different Role	Considered a Different Point of View	Felt Challenged	Asked Someone for Help

For these and other exceptional teambuilding activities, consult the [Training Wheels Inc.](http://www.trainingwheelsinc.com) website, and also try the award winning adventure-based teambuilding book, *Teamwork & Teamplay* ISBN 0-7872-4532-1 (available from [Kendall/Hunt](http://www.kendallhunt.com)), by Jim Cain.

Jim Cain, Ph.D.  
 Teamwork & Teamplay  
 468 Salmon Creek Road  
 Brockport, NY 14420 USA  
 Tel 585-637-0328

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

---

Teamwork & Teamplay, by Jim Cain, was awarded the Karl Rohnke Creativity Award by the Association for Experiential Education. You can obtain a copy of the award winning adventure-based book directly from the publisher, Kendall/Hunt, at (800) 228-0810, or at [www.kendallhunt.com](http://www.kendallhunt.com)

You can also find exciting adventure-based activities and equipment at **Adventure Hardware**, featuring many of the Teamwork & Teamplay props, including **2B or KNOT2B Ropes**. Visit [www.adventurehardware.com](http://www.adventurehardware.com) or (877) 269-3999.