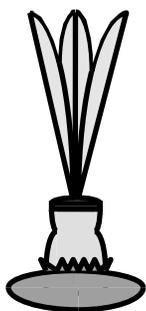


Teamwork & Teamplay

Building Unity, Community, Connection and Teamwork
Through Active Learning

Thank you for purchasing Teamwork & Teamplay teambuilding equipment from Adventure Hardware, the premier provider of Teamwork & Teamplay supplies. Now that you have the best in teambuilding equipment, have you considered Teamwork & Teamplay Training? Visit the Teamwork & Teamplay website, where you can find a variety of standard and customized train-the-trainer programs that will help you utilize your ground level, portable teambuilding equipment to the fullest. Train your staff with the skills they need for youth and adult audiences. Contact the Teamwork & Teamplay office at (585) 637-0328.

Lightweight Team Kit



All of the activities included in this lightweight teambuilding kit (and more) can be found in the award-winning teambuilding book, Teamwork & Teamplay. But just in case you haven't yet seen the book, here is a brief description of each piece of equipment.

Funderbirds - insert the three feathers into open hole in the wooden spool (insert the widest feather stem first, saving the stem with the best "point" for last). The funderbird is basically a "hacky sack" for the hands. With participants in a circle, try keeping the 'bird aloft for 21 hits with the right and left hands, then standing on one leg with both hands, then clapping three times between hits, and saying your name whenever you hit the 'bird. (See pages 102 and 248 of T&T).

2B or KNOT 2B - There are two collections of 5 cords. Tie four of each set into circles, and then tie the fifth cord into a circle, passing through the other four. Then place this collection of cords onto a table in such a way that it is not obvious which cord is holding the other four. Now, as a consensus building activity, without touching the cords, have the group decide which cord is holding the other four together. Use the multi colored cords first, and then progress to the set that are all the same color, for a higher level of difficulty. (See pages 60 and 229 of T&T).

Worm Hole - Think of the worm hole as a very portable version of the spider's web, where two teammates pass through the shock cord circle together, while other team members hold the circle open. Switch roles until all participants have passed through. (See pages 206 and 291 of T&T).

Raccoon Circles - See the back of this page and the T&T website for more activities. And click on Raccoon Circles at www.teamworkandteamplay.com to download dozens of free additional raccoon circle activities in a PDF document.



Bull Ring - Use this multicolored string and metal ring device to transport any variety of balls (tennis balls, golf balls, croquet balls, ping pong balls...), on a predetermined course, which can include walking through a doorway, passing the ball under a chair, and finally depositing the ball into a container at the final destination. (See pages 79+ and 239 of T&T).

Jim Cain, Ph.D. Teamwork & Teamplay
468 Salmon Creek Road Brockport, NY 14420 USA Phone (585) 637-0328
jimcain@teamworkandteamplay.com www.teamworkandteamplay.com

For more information on teambuilding and other team activities, read:

Teamwork & Teamplay	Kendall/Hunt 1-800-228-0810
A Teachable Moment	Kendall/Hunt 1-800-228-0810
Teambuilding Puzzles	www.teamworkandteamplay.com
Raccoon Circles	Kendall/Hunt 1-800-228-0810

You can also find exciting adventure-based activities and equipment at Training Wheels Inc., featuring many of the Teamwork & Teamplay props. Visit www.training-wheels.com or call 1-888-553-0147.

The Teamwork & Teamplay Team Kit - The New Stuff

Beginning in 2005, three new items have been added to the Teamwork & Teamplay Team Kit.

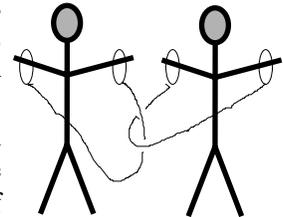
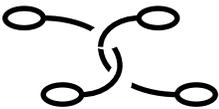
SNAP! Ask your team to stretch the white elastic loop (MR3) into a large circle, directly above a bulls-eye target that has been placed or drawn with sidewalk chalk on the floor. Each member of the group holds the elastic with both hands and must keep their feet in the same position throughout this entire activity. The challenge is for the team to work together, with split-second precision, and let go of the elastic at EXACTLY the same time, so that it drops into the center of the bulls-eye target. The actual location of the elastic is a quantifiable way to ‘measure’ the teamwork of the group.



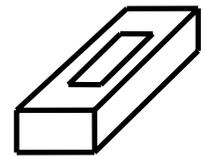
Techniques for improving the score of team include, holding with only one hand, inviting everyone to countdown together before letting go, and (best of all) leaning forward so that a majority of the tension in the elastic is removed before letting go. When the ‘tension’ in a group is reduced, the performance improves!

Rope Handcuffs Using the white cotton ropes, create bracelets or ‘handcuffs’ by tying loops in the each end. Now place your hands into these handcuffs, and with a partner, connect your handcuffs to theirs, as shown here. The challenge is become disconnected from your partner, without removing your hands from the handcuffs or untying the knots.

One additional variation is to bond everyone in the group together in one large circle (so that your arms are initially interlocked with those standing next to you). This is possible, and an interesting way of making the solution for the whole group, rather than only those that happen to figure it out.



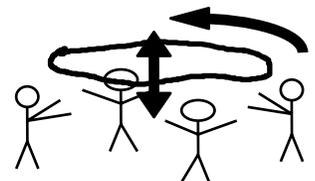
Virtual Slideshow Clicker Imagine if you will, that each participant had a digital camera at today’s event, and that they were able to take photographs of each activity. Using the slide show ‘clicker’ participants are asked to review the most interesting moments of an activity, along with an imaginary slide show picture, where they narrate what is happening in the picture. After showing a picture or two, the ‘clicker’ is passed along to any team member that has a picture they wish to share with the group.



A Brief Selection of Raccoon Circle Activities

W.A.M.F. stands for Wrapped Around My Finger, and pretty much explains this entire activity. Begin with an unknotted segment of webbing. One person in the group begins wrapping the webbing around their index finger, and while doing so, provides the group with some information about themselves (where they were born, family members, school experiences, childhood pets, dreams, goals, favorite foods, etc.) The goal is for this person to continue talking until the webbing is completely wrapped around their finger.

Tossing the Pizza - This activity definitely fits into the “harder than it looks” category. Begin with a group of 5-8 participants holding onto a knotted Raccoon Circle, hands upward, elbows straight, with no slack in the circle. The challenge is for the group to toss this Raccoon Circle pizza into the air, at least to the height of their heads, and then for everyone in the group to catch the circle as it drops back down, without anyone moving their feet.



Not Knots - A “doodle” is constructed (see examples) and the group is given the choice of whether this doodle will create a KNOT or NOT A KNOT, when the ends of the webbing are pulled.



Thanks for purchasing this teambuilding prop from Teamwork & Teamplay. You can find out more information about additional teambuilding equipment, books, workshops and staff training programs at our website: www.teamworkandteamplay.com. You can also purchase Jim Cain’s complete series of teambuilding books and other teambuilding equipment from Training Wheels Inc., at www.training-wheels.com or via telephone at 1-888-553-0147.