

**University 103 Team Building Presentation**  
**May 8, 2014 3 - 4**

Me you, you me

Pass your own name game

Card Interview and Card Sort

Interviews/Introductions

International Handshakes

Action Names

Bumpity Bump bump

Peek A Who

Have you ever

Name Bingo

Boundary Breaking Questions (See Ropes\Activities)

30 seconds

7-11

Back to Back 2

Competition Line up

Figaro, Figaro, Figaro

Name Toss

**Millersville University  
Wellness and Sport Sciences  
EDW 755.02  
Portable Ropes Workshop (K-12) – 3 credits**

**Millersville University  
Wellness and Sport Sciences  
EDW 705.01**

**Developing Student Leaders through High and Low Ropes Facilitation (K-12)**

## **Peek a who**

**???**

### **Equipment**

Sheet

### **Objective**

Identify the person on the other side of the sheet.

### **Instructions**

Split the group into two teams. Two people hold up the sheet between the teams so that they cannot see each other. Each group places one member directly in front of the sheet looking at the sheet. On the count of 3, drop the sheet and the first person sitting in front of the sheet wins. You can total up the number of wins or have the loser join the winners team. For an added challenge, have the two people sitting with their back to the sheet. When the sheet drops, the rest of the team members try to describe the person from the other team to their group member and have their group member accurately guess who the other person is - team members may talk, but cannot say the name of the individual that they are describing

**Millersville University  
Campus Recreation  
Ropes Course**

**Name of Activity**

7 – 11

from Backpack Adventure by Rohnke and Grout, Project Adventure.

**Equipment**

None

**Objective**

Fun ice breaker

**Instructions**

Group the participants into groups of threes. This activity must be completed without talking or communicating to the others in the group what you intend to do.

One of the players says “One, two, three, shoot.” On shoot each of the three members holds out as many fingers on one hand as they deem necessary to come up with the solution. The solution is that by adding all the fingers shown by each of the three members the total is 7. If they enjoy trying to reach 7, suggest that they use both hands and try to achieve 11.

**Processing**

No processing, just a fun activity.

**Possible Classroom alternatives**

None

**Millersville University  
Campus Recreation  
Ropes Course**

## **Name of Activity**

Back to Back 2

from The More the Merrier by Sikes, Evans, and Cavert,

## **Equipment**

Nothing

## **Objective**

Fun get to know you activity

## **Instructions**

Have participants find a partner and stand back to back. Once everyone is quiet call out a question. Partners will turn and face each other and answer the question. Once everyone has had time to answer the question ask them to find a new partner and stand back to back. Ask another question and so on.

Possible Questions:

- What would you do with a million dollars?
- Where would you fly to on a magic carpet?
- If you could have lunch with anyone, who would it be? What would be the first thing you would ask them?
- If you could have a super power, what would it be?
- Share a recent dream you had. What do you think it means?
- What is the most valuable way you could help your school?
- How do you decide whether something is right or wrong?
- What would be your ideal job? Where would it be?
- 

## **Processing**

No processing, just a fun activity.

## **Possible Classroom alternatives**

None

**Millersville University  
Campus Recreation  
Ropes Course**

## **Name of Activity**

Competition Line Up

from Backpack Adventure by Rohnke and Grout, Project Adventure.

## **Equipment**

Nothing

## **Objective**

Fun get to know each other activity

## **Instructions**

Form teams of equal numbers. This is a competition to see which team can line up fastest according to the criteria given.

Possible criteria:

Number of siblings

Number of buttons visible on your clothing

Width of your smile

Shoe size

Length of hair

Thumb length, knuckle to tip

Alphabetically by last letter of last name

Favorite food (alphabetically by first letter)

Number of animals in your home.

Have 10 – 12 in a group.

## **Processing**

No processing, just a fun activity.

## **Possible Classroom alternatives**

None

**Millersville University  
Campus Recreation  
Ropes Course  
Millersville University  
Campus Recreation  
Ropes Course**

## **Name of Activity**

Figaro, Figaro, Figaro

from Backpack Adventure by Rohnke and Grout, Project Adventure.

## **Equipment**

Nothing

## **Objective**

Fun name game

## **Instructions**

Have players mingle and introduce themselves to each other in the manner that you will announce.

- a famous opera singer
- someone very timid and shy
- a frightened individual
- a smiling (but full of it) car salesman
- someone with great warmth and empathy
- a military commander
- a famous country and western singer
- a suspicious parent to their daughter's first ever date

## **Processing**

No processing, just a fun activity.

## **Possible Classroom alternatives**

None

## Card Sort

Sort a deck of cards by numbers – all aces together, twos together, etc. Have the aces on top of the deck and the kings on the bottom of the deck.

Hand everyone a card from the top of the deck. Explain that they are going to introduce themselves to the other members based on the number on their card. Give your name to the other person you are introducing yourself to and tell them things about yourself based on the card you are holding. Aces tell 1 thing about themselves, 2's two things, and so on. When each of you is finished introducing yourselves, exchange cards.

Give them 10 – 15 minutes to get around to everyone and introduce themselves. Tell them to turn the card over so that they cannot see the number on the card. Exchange cards with at least 5 other people always keeping the card face down so they do not know what card they have. This activity should be done with NO TALKING. Without looking at the card have them hold the card on their forehead. No one should know their own card but they should be able to see everyone else's card.

Instruct them to get all the black cards on one side of the room and all the red cards on the other side of the room without talking.

Instruct them to get all the hearts, clubs, spades, and diamonds together without talking.

Instruct them to get all the same number together (aces, twos, threes, etc.) without talking.

Instruct them to get all the hearts, clubs, spades, and diamonds together in order of number – ace, two, three, and so on as fast as they can without talking.

You now have them separated into four groups.

## Boundary Breaking Questions

(Read through the question before you meet with the group and ask the questions that you like the most.

**You don't need to ask them in the order they are presented)**

1. What is the best movie you have ever seen?
2. What is the most beautiful thing about people?
3. What is the ugliest thing you know?
4. What do you like to do most with a free afternoon?
5. On what basis do you select your acquaintances?
6. What is the greatest problem in the United States?
7. If you could smash one thing, what would you smash?
8. If you had one talent to choose, what would that one talent be?
9. What is the greatest value that guides your life?
10. What quality do you look for in a really good friend?
11. Other than a relative, what one person has greatly influenced your life?
12. What gives you the most security?
13. What is the biggest waste you know of?
14. What is your greatest fear?
15. Select a word that you feel describes kids of your age?
16. If you could give your principal one piece of advice, what would it be?
17. Name the most unreasonable thing you know of?
18. If you could choose to be a book, what book would you choose to be?
19. If you were to paint a picture, what would you paint a picture of?
20. What do people like the best of you?
21. What do you consider to be your biggest fault?
22. When do you feel most lonely?
23. What TV commercial bothers you the most?
24. What one thing would you change in your life?
25. Describe your feelings about fast food.
26. Choose one word to describe old (young) people.
27. What future discovery are you looking forward to the most?
28. What subject is the most frequent topic of discussion among your friends?
29. If you could be a song, what song would you choose to be?
30. What is the very last thing you would be willing to give up?
31. What is the best advice you have ever received?
32. When you are depressed, what cheers you up the most?
33. If you were tape recording the sound of violence, what would it sound like?
34. Who is your favorite music star?
35. What is your least favorite food?
36. Describe the ideal family.
37. What is your favorite holiday?
38. If you could have any car in the world, what kind of car would you choose?
39. What cartoon character do you identify with?
40. What scares you the most about



**Millersville University**

**Wellness and Sport Sciences**

**Portable Ropes Challenge**

## **Name Toss**

Have the group form a circle. Give one person a throwable object. Have the group throw the object to each other with the following directions: when they throw it to someone, they must call out the name of the person they are throwing to. When they catch the object, they must say "Thank You" and say the name of the person that threw the object to them.

**Millersville University**  
**Wellness and Sport Sciences**  
**Portable Ropes Challenge**

# **Handshakes**

## **Equipment**

None

## **Objective**

Meet everyone in the room

## **Instructions**

Everyone mingles.

On signal, everyone gets a partner, introduces themselves to their partner and follows the handshake instructions of the facilitator.

Handshakes:

High Five

Low Five

Ice Cream

Pinky Shake

Shikaboom

Lumberjack

Dairy Farmer

**Millersville University**  
**Wellness and Sport Sciences**  
**Creating Community in the Classroom**

# **Pass Your Own Name Game**

**From Chris Cavert**

## **Equipment**

None

## **Objective**

To learn names.

## **Instructions**

Choose a player to start the action. The action is a player pointing to another player in the circle with an outstretched arm and hand and then saying his or her OWN name. The player pointed at chooses another player to point at and says his or her OWN name. Each player pointed at continues the action. If a mistake is made, after the laughing (with and not at), have the mistaken player restart with a point and a pass of his or her OWN name. After a few mistakes, have the starting player point to two people to start off and then those two people continue the action only pointing at one person each.

**Millersville University**  
**Wellness and Sport Sciences**  
**Portable Ropes Challenge**

# **Have you ever**

## **Equipment**

None

## **Objective**

Get to know everyone and have fun

## **Instructions**

Everyone in a circle with one in the middle  
Person in the middle says "Have you ever" and comes up with an activity that people might have done like sailing, going to school, etc. Everyone who has done the activity must change places with someone else in the circle. The last one out of place becomes the next "caller."

**Millersville University**

**Wellness and Sport Sciences**

**EDW 755.02**

**Creating Community in the Classroom**

# **Bumpity Bump Bump**

**From Marni Goldenberg**

## **Equipment**

None

## **Objective**

To learn names.

## **Instructions**

Form a circle with the facilitator in the middle. The facilitator will walk up to someone in the circle and say either left, right, straight or center. The person that the facilitator is looking at must then correctly say the name of the person in the direction indicated. Left is to the left of the person in the circle, Right is to the right of the person in the circle. Straight is the person in the circle and center is the person in the middle. If the person in the circle does not say the correct name, me, him, her them, do not count, before the person in the center says "Bumpity, Bump, Bump" they trade places and there is a new person in the middle. Continue for awhile then add more people to the center to quicken the pace of the activity.

**Millersville University  
Wellness and Sport Sciences  
EDW 755.02**

**Creating Community in the Classroom (K-12) – 3 credits**

## **Name of Activity**

Action Names

## **Equipment**

No equipment necessary

## **Objective**

Get the group to learn names of participants

## **Instructions**

Have the group stand in a circle. Everyone needs to create an action word that starts with the same letter as their first name and an action to go along with that word. The leader starts and gives their action and name (i.e. Gigantic Gordon – stand large and hold arms up above head). The next person repeats the name and action of everyone that has gone before them and then says their name and does their action. The last person must go through all of the actions and names before saying their own name and doing their action.

It is helpful if the leader goes through all actions and names for each participant. This helps each participant remember all the names and actions and also helps the leader remember names and actions as well.

## **Processing**

None

## **Possible Classroom alternatives**

None

**Millersville University**  
**Wellness and Sport Sciences**

**EDW 705.01**

**Developing Student Leaders through High and Low Ropes Facilitation (K-12)**

## **30 Seconds**

**Page 10 Games for Teachers**

### **Equipment**

List of questions

### **Objective**

To get to know everyone.

### **Instructions**

Partner up - a group of three will work fine also if you need to make one. Ask the students to formally introduce themselves to their partner. Now, ask the students a question from the question sheets. The pairs have 30 seconds total to share their answers with each other. After 30 seconds, call 'change.' Each student has to find a different partner. Repeat the process. Continue the activity as long as the energy is good.

# Questions

1. What are you hoping to get out of this workshop?
2. What makes you nervous about this workshop?
3. How are you going to challenge yourself personally this week?
4. What can other participants do for you to make this a rewarding experience?
5. What can you do for other participants to make this a rewarding experience?
6. What is your experience with outdoor or experiential education?
8. How are you going to use what you learn this week in your class?
9. What is it about your current job that excites you the most?
10. What is it about your current job that you would change if you could, and how might you change it?
11. If you could choose another career what would it be and why?
12. What is the most valuable way you can help your school or employer?
13. In what way do you hope next year will be a better year and how can you make that happen?
14. What is the most useful piece of advice that you were given this year?
15. What questions do you have about the workshop that need to be answered this morning?



**Millersville University  
Wellness and Sport Sciences  
EDW 755.02**

**Creating Community in the Classroom (K-12) – 3 credits**

**Name of Activity**

Autographs

**Equipment**

Autographs Sheet

**Objective**

For students to find someone in the class that fits into one of the categories on the sheet.

**Instructions**

Hand each student a scavenger hunt sheet. The students are instructed to find classmates that fit into one of the categories on their sheet. They need one classmate per category and they cannot put one classmate in more than one category. See how many categories they can complete

**Processing**

Pick out some of the categories and have students identify the person that they put in the category.

**Possible Classroom alternatives**

Describe ways to use the activity in a classroom setting

## Autographs

See if you can find someone in the group who has or has done any of the things listed below. Print their name in the box.

<b>Can Speak a Foreign Language (indicate Language)</b>	<b>Has been on TV (indicate show)</b>	<b>Grew up in farm country</b>	<b>Has Traveled by Train</b>	<b>Has won a lottery (indicate how much)</b>
<b>Worked at a Gas Station</b>	<b>Has an unusual hobby (indicate hobby)</b>	<b>Has seen a play in a big city (indicate play and city)</b>	<b>Voted in the last election (indicate who they voted for)</b>	<b>Plays a musical instrument (indicate instrument)</b>
<b>Likes rollercoaster's (indicate favorite coaster)</b>	<b>Has performed on stage (indicate play and role)</b>	<b>Knows someone famous (indicate who the famous person is)</b>	<b>Has a tattoo (indicate what it is and where it is located)</b>	<b>Has a collection of some kind (indicate what the collection is)</b>
<b>Has ridden a camel (indicate where they rode the camel)</b>	<b>Played a sport in High School (indicate sport and position)</b>	<b>Was born outside of the U.S. (indicate country)</b>	<b>Has a different job than you (indicate job)</b>	<b>Lives in an unusual building (indicate what is unusual about the building)</b>
<b>Has an "outie" belly button</b>	<b>Went to a different High School than you (indicate High School and year of graduation)</b>	<b>Played an instrument in their High School Marching Band (indicate instrument and High School)</b>	<b>Went somewhere exotic for their last vacation (indicate where)</b>	<b>Worked at McDonalds (indicate position)</b>