

Teambuilding / Leadership Class Outline

Ice Breakers

Bus- commonalities
Interview (pairs cards)
Human Knot- cross arms and hold hands on either side
Human Knot- reach hands into circle and hold random hands
Group Juggle
Move the hoop around the circle
Believe It or Not
Human Treasure Hunt

Trust Sequence

Full Value Contract
Single Back to Back Sit
4-Back to Back Sit
8-Back to Back Sit
Class Back to Back Sit
Hold Hands front Sit (2 x 2 4 x 4 8 x 8)
Fall Back to Spotter
Back and Forth with 3
Willow in the Wind
Over Head Carry
Falling Leaf
Circle Sit
Yurt Circle
Hawaiian Royalty

Communication Sequence

INSANITY?
Blindfold Square
Great Communicator—Toothpick Talkers
Blind Puzzle (big)
Rope Skip
4 Tonka Truck Puzzles
All Aboard Train Ride (Naperville to Chicago)
1-2-3 = 21

Team Selection

Team Skis = 1) Single Boards with Buckets
2) Segmented Boards with Blindfolds
3) Standing Backwards

Toxic Waste with Obstacles

World in Hands

Knights Around the Horse

Mine Field

7 Footed Monster

Grand Canyon

PVC Connection

Student Led Challenges

Maze

Tinker Tower

Ping Pong Pyramid

Stepping Stones

Balls in the Air

Human Ladder

Tarp Travel

Tennis Ball Shuffle

2 x 4

Paper Chute

Final Exam

Acid River