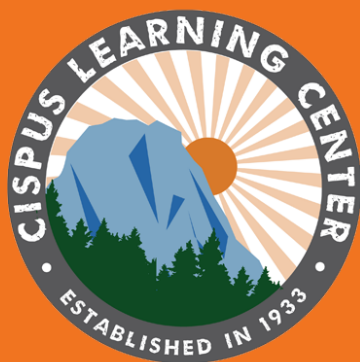


USE WHAT YOU HAVE



**SEL ACTIVITIES
FOR EVERY SPACE**

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Group Size: Any

Objective: Build connections through teamwork

Materials: String per participant, rubber band(s) & object

Bull Ring is a cooperative activity in which participants must work together to move an object without dropping it. To set this activity up, attach as many strings as there are participants to a rubber band and have. Then, have the team decide what object they would like to attempt to move, and how far. The goal is for the team to move the object without dropping it and placing it without it falling over. If needed, add rubber bands to make it easier to pick up an object or remover to make it more difficult.

Debrief Questions:

How did you feel during this activity?

What did you see?

How was communication?

What did you want to happen?

What did you do to contribute to the team?

BULL RING

GROUP JUGGLE

Group Size: Any

Objective: Build communication through teamwork

Materials: Throwable object

Group Juggle is a toss and catch activity. Have your participants get into a circle and establish a throwing pattern with an object. Some base rules that you can use are the object must start and end with the facilitator, it cannot be passed directly to someone's left or right, it cannot touch the ground, and everyone can get once and only once. Once this pattern is established then have the group see how fast they can accomplish it without breaking any rules. For more buy in, have the participants create their own rules!

Debrief Questions:

How did you feel during this activity?

What did you see?

How was communication?

What did you want to happen?

What did you do to contribute to the team?



KEY PUNCH

Group Size: Any

Objective: Build communication through teamwork

Materials: String & paper

Key Punch is a collaborative game where the participants must press the numbers in order from lowest to highest without making a mistake. Create a circle with string and place the numbers 1 through 20 in paper in the circle. Then, lay another string to mark the starting line. The participants will be timed to see how fast they can press the numbers in order without more than one person in the circle at a time and everyone pressing at least one number. The time starts when the first participant crosses the start line and ends when the last person crosses that same line. The team will have 5 attempts to get the best time possible.

Debrief Questions:

How did you feel during this activity?

What did you see?

How was communication?

What did you want to happen?

What did you do to contribute to the team?

SPACE RESCUE

Group Size: Any

Objective: Build connections through teamwork

Materials: String & objects per participant

Space Rescue is a cooperative activity that requires the participants to depend on one another to retrieve their object. Start by creating a circle with string large enough to fit your participants comfortably. Then, have each participant lay down with their feet in the circle and place an object above their head. The goal is for each participant to get their object without touching the area outside of the circle. This activity will promote creative thinking among those participating to ensure each member gets their object.

Debrief Questions:

How did you feel during this activity?

What did you see?

How was communication?

What did you want to happen?

What did you do to contribute to the team?



Group Size: Any

Objective: Build connections through teamwork

Materials: Paper per participant

Turtles is a collaborative activity in which participants have to work together to reach a certain distance only traveling on their "turtle." Start by handing each participant a piece of paper and letting them know that they must always remain in contact with this paper or they will lose it. This activity requires participants to lean on one another (quite literally) as they make their way to the designated ending location. If at any point a participant steps on the ground and not a "turtle" then entire team must restart and any "turtles" lost are returned.

Debrief Questions:

How did you feel during this activity?


What did you see?

How was communication?

What did you want to happen?

What did you do to contribute to the team?

TURTLES



Group Size: Any (in pairs or trios)

Objective: Build trust through communication

Materials: Random objects & string

Zap Pit is a trust exercise in which partners must guide one another through a maze without stepping on any of the obstacles. Start by creating a boarder on two sides with string, leaving two openings, and filling the area with random obstacles. Then have participants get into pairs or trios and take turns guiding each other through the maze. To up the challenge, have participants try communicating only through touch or with animal sounds.

Debrief Questions:

How did you feel during this activity?

What did you see?

How was communication?

What did you want to happen?

What did you do to contribute to the team?

ZAP PIT



LET'S TALK!

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