
Advanced Challenge Activities

Advanced Challenge Activities

~ ~ ~ The All Aboard ~ ~ ~

Resources: A Group of People (Up to 15-18 in Number)
An 24" by 24" Square Platform Placed on Level Ground

Goal: To get as many team members as possible on the platform in the least amount of time with a one-minute time limit.

Procedure: Participants must be in contact with the platform and not touching the ground for five seconds (count to five by thousands—one thousand and one, one thousand and two, etc.).

Cautions: Spotters should be positioned on each of the four sides of the platform. Be careful not to allow participants to climb on top of other participants which will produce a top-heavy blob of people that could fall and cause injury.

Debrief:

Advanced Challenge Activities

~ ~ ~ The Balance Beam ~ ~ ~

Resources: Group of People
3 Stationary Beams
1 Moveable Beam

Goal: The entire team must move from one end of the balance beam to the end of the "U"-shaped course without touching the ground. If anyone touches the ground before the entire group is on the last section of the beam, the entire group must start over.

Procedure: The group must move from one end and off the other end by using the moveable beam to span two open sections between the 3 stationary beams without touching anything but the beams. The support pieces under the beam are not part of the beam and may not be touched during the process.

Variations: Don't allow the group to use any verbal communication during the activity. Handicap one of the group (broken leg or arm).

Cautions: Watch the group as it moves the moveable beam—don't allow them to get careless as they reposition the moveable beam.

Debrief:

Advanced Challenge Activities

~ ~ ~ The Infinite Celebration Circle ~ ~ ~

Resources: A Group of People (maximum of 15 people per group)
A Section of 4" by 4" Log for Each Person (random lengths)

Goal: The team celebrates steps from gathering boards to standing on them to balancing on them while the boards are turned upright.

Procedure: This activity is about celebrating success. After each accomplishment, the group is encouraged to cheer "Hoooooooooraaaayyy!!!"

Go to the log pile and select a log; return and stand in a circle holding the log and cheer—"Hoooooooooraaaayyy!!!"

Everyone step towards the center of the circle one step and set the log on the ground at your feet—"Hoooooooooraaaayyy!!!"

Everyone hold hands around the circle and stand on your log with no one touching the ground; if you start to lose your balance, set off rather than fall off. You can always try again. "Hoooooooooraaaayyy!!!"

While you're up and with no one touching the ground, move one log to your left and celebrate—"Hoooooooooraaaayyy!!!"

While you're up and with no one touching the ground, move two more logs to the left and celebrate—"Hoooooooooraaaayyy!!!"

Now let's have one person to balance on their upended log—"Hoooooooooraaaayyy!!!"

How about two upended logs? —"Hoooooooooraaaayyy!!!"

Cautions: Don't allow the participants to take unnecessary risks with this activity. Encourage the group to take a break if things are getting too risky.

Debrief:

Advanced Challenge Activities

~ ~ ~ The Giant Lizard Egg ~ ~ ~

Resources: A Group of People (6-8 people in a group works best)
One 16-Pound Bowling Ball Per Group
One Milk Carton Per Group
One 6' Piece of Rope Per Person

Goal: Move the lizard egg (bowling ball from the deighted starting place across an area and deposit it in the lward's nest (milk carton).

Procedure: Participants must move the highly toxic egg from the spot where it was dropped by the mother lizard back to the nest. The ropes are specially treated with radiation to prevent premature hatching; the radiation level of the ropes is low enough to not be a problem if handled with just one hand but is deadly if handled by two hands.

Variation: Over-exposure (touching a rope with more than one hand) can result in instant blindness, muteness, or a resultant "death-grip" on the rope.

Debrief:

Advanced Challenge Activities

~ ~ ~ The Pipeline ~ ~ ~

Resources: Group of People
4-6 Sections of Pipe
A Marble For Each Team

Goal: The group must cooperate to move a marble from a designated starting point to a designated ending point by moving the marble from one section of pipe to another without dropping the marble.

Procedure: The marble must be moved from the starting point to the ending point by holding the ends of pipe sections together and rolling the marble from pipe to pipe. There are not enough pipes for each person so the pipes must be passed ahead to another person. If the marble is dropped, the group must start over.

Variations: Don't allow the group to use any verbal communication during the activity. Handicap one of the group (broken arm can only hold pipe with one hand).

Caution: Do not allow the team to touch the marble at any time. Don't allow participants to use the sections of pipe as swords.

Debrief:

Advanced Challenge Activities

~ ~ ~ The Short Sheet ~ ~ ~

Resources: A Group of People (6-9 people is best)
One Old Bed Sheet For Each Group

Goal: To turn the bed sheet over while the whole team remains on the sheet.

Procedure: Participants stand on the bed sheet and may not step off the sheet at any time.
The sheet must be turned over so the bottom (facing the ground) becomes the side the team is standing on at the end.

Variations: Mute the team so they cannot speak while doing the exercise. Give the pre-dominant leader a handicap such as a broken leg.

Debrief:

Advanced Challenge Activities

~ ~ ~ The Star ~ ~ ~

Resources: A Group of People (7 to 20 people works best)
A 50' Piece of Smooth Rope Tied To Form a Large Circle

Goal: The whole group creates a five-pointed star (the kiind that crisscrosses in the middle) with a circle of rope.

Procedure: Everyone in the group grabs the rope and stands in a circle. The group cannot let go of the rope and no one can trade places with anyone else. The participants can slide along the rope as needed to create the star design. Once the group thinks the project is complete have them lower the star to the ground and step back to admire their work.

Variation: Have the group make a house or an envelope design with an "X" in the middle.

Debrief:

Advanced Challenge Activities

~ ~ ~ The Giant Teeter Totter ~ ~ ~

Resources: A Group of People (Up to 20 Total will work)
The Giant Teeter Totter

Goal: To foster teamwork and non-verbal communication depending on how the activity is structured by the activity instructor.

Procedure: Keep the Teeter Totter balanced at all times as the various activities are proposed by the activity instructor.

Variations: (1) Participants will be asked to enter the Teeter Totter from the center keeping the Teeter Totter balanced at all times. If either end of the Teeter Totter hits the ground the entire team must start over. (2) With participants standing in a circle around the outer edge of the balanced Teeter Totter, the team is asked to make a complete revolution around the outside edge of the Teeter Totter until everyone is back in their starting position keeping the Teeter Totter balanced throughout the activity. (3) With participants standing in a circle around the outer edge of the balanced Teeter Totter, the team is asked to exchange ends either in a mirrored image or in a criss-cross pattern.

Additional Variations: At any point in any of the above processes, the team members may be muted so that there can be no talking or discussion during the process. (This will be especially helpful in cases where one person seems to be taking over the process by giving direction to everyone.) If a single person continues to dominate the process, the activity instructor may handicap that person with a broken leg which would require that person to hop on one leg or be assisted by other members of the team.

Caution(s): Care should be given that participants are not standing around pivot points or end points of the Teeter Totter where feet could be injured by the weight of the Teeter Totter and changing balance situations.

Advanced Challenge Activities

~~~ The Trolleys ~~~

Resources: A Group of People
2 - 12 Foot Trolleys With Ropes

Goal: To help a group of people learn to work together to accomplish a stated goal to move from one point to a second designated point by coordinating their efforts.

Procedure: Have the group split in half; each half will participate separately. Up to 8 people step on a set of trolleys and hold on to the ropes and then proceed to cross a designated area without stepping off the trolleys on to the ground.

Variation: Use a 4" by 4" by 10' beam as an obstacle that must be crossed.

Advanced Challenge Activities

~ ~ ~ The Trust Fall ~ ~ ~

Resources: Group of People (should not be less than 12-15 people)
Picnic Table Used As A Platform

Goal: To get participants ready to trust each other by falling and being "caught" by the remainder of the group.

Procedure: One person at a time will fall backward from the platform into the arms of the waiting group.

The two lines of catchers stand so they are shoulder to shoulder facing one another. Hands are extended, palms up, so that the hands are alternated and juxtaposed to form a safe landing area.

The faller must keep his/her arms close to the side of his/her body and fall with the body kept rigid, i.e., not bending at the waist or knees.

The faller should be lowered feet first to the ground with the body supported by the rest of the group.

Cautions: Be sure the catchers are ready before allowing faller on the platform. Do not allow catchers to grasp hands—knocked heads will result. Remind falling person not to bend at the waist or knees—this concentrates weight in a small area making it more difficult for the catchers. Staff must be in the catching line to assure that if the participants miss, at least the fall can be broken by someone stronger. Always keep your eyes on the falling person.

Debrief: