Title: All Aboard!

Focus: A classic teambuilding activity in which a group is challenged to physically support one another in an endeavor to occupy an ever diminishing space.

Time: 15 – 20 Minutes

Objectives:

1. Use cooperation, communication and problem solving skills to complete the task.

Materials needed:

- 10ft of rope for a circle or a tarpaulin or small platforms

Introduction:

This activity requires working together in close physical proximity in order to solve a practical, physical problem. It tends to emphasize group communication, cooperation, patience and problem solving strategy, as well as issues related to physical self and physical proximity.

Directions:

1. The activity can be run in many different ways.
2. Basic method: Ask the whole group to try to fit inside a small area which can be marked by:
   a. small platforms
   b. circle of rope
   c. tarpaulin or blanket
3. When the group succeeds, decrease the area (e.g., changing platforms, shrinking the circle, or folding the tarp) and challenge the group again. How far can the group go?
4. Cautions: Obviously people are going to need to feel physically comfortable in order to get physically close and be supportive of one another. So make sure people are warmed up and preferably have removed excessive jewelry, watches, etc.

Discussion Questions:

1. What is the present state of the team?
2. What is the future desired state for the team?

Adapted from: http://wilderdom.com/games.descriptions/AllAboard.html