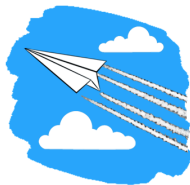


Team-building Activities

1. **Partner paper airplanes**- between 2 students, they fold a paper airplane with one hand behind their back.



2. **Duct tape ski races** – Teams of 6 students line up single file. The students are asked to “step into” their strips of duct tape so that they are closely lined up single file and each student can put his/her hands on the shoulders of the student in front of him/her. The competition is to see which team can “ski” the quickest to the other end. View video by Tom Heck for the “full lesson”: <https://www.youtube.com/watch?v=MsNpDEWoTcE>



3. **Pass the loop or (hula hoop)** - make a large loop with rope or use a hula hoop. Students make a circle or form a line and hold hands. The hula hoop or loop is placed between 2 students where their hands are held and the goal is to move the hoop along as quickly as possible!



4. **Human Knot** – can be done with as few as 8 people or as large as 20 ... ideally, groups of 10! The goals are communication skills and problem solving. The students stand in a circle shoulder to shoulder. Everyone lifts their right hand up and takes the hand of someone across from them in the circle. Then, everyone does the same with their left hand. **Make sure no one is holding hands with someone directly beside them!** Group must now untangle the knot and reform a circle of people without letting go of anyone’s hands. This game will take about 15-30 minutes to complete. When done, you can debrief with the group and ask questions like “How well did you work together?” or “What strategies did your group adopt?”