

## **Team Building Challenges**

Try some of these challenges when you get back to school!

- Radioactive isotopes
- Leaky pipe
- Line up
- Call your partner
- Square dance
- Group sit
- Hoop race

## Radioactive Isotopes

- There is a bucket in the centre of the circle containing deadly radioactive isotopes.
- Pupils must work as a team to lift the bucket and tip the isotopes into the other "safety" bucket.
- They are not allowed to enter the radioactive zone (marked out with cones) so the only way to lift and tip the bucket is to use the attached ropes.

Equipment	2 buckets, one with ropes tied onto it, plastic balls, cones.
Organisation	Pupils take up places around the bucket each picking up a rope. They work as a team to tip the balls into the bucket. They cannot come inside the circle of cones.
If they find it too easy	<ul style="list-style-type: none"> <li>• Give them a time limit.</li> <li>• Take away a couple of ropes.</li> </ul>
If they find it really hard	<ul style="list-style-type: none"> <li>• Let them get closer.</li> <li>• Tell them they can swap places and move around with the ropes.</li> </ul>

## Leaky Pipe

- Split the group into two teams.
- Each group should fill a bucket with water.
- The teams should have a pipe with a table tennis ball inside. They must work together to fill the pipe with water and collect the ball from the top of the pipe.
- There should be a short distance between the pipe and the bucket.
- They are not allowed to tip the pipe upside down.

Equipment	Bucket, water, drainpipe with holes drilled into it, table tennis ball, cups.
Organisation	Pupils should fill their bucket with water. They need to work together using the cups to carry the water from the bucket to the drainpipe, fill it and float the table tennis ball to the top. The drainpipe has holes drilled in it, so they will have to plug the holes as the water gets higher.
If they find it too easy	<ul style="list-style-type: none"> <li>• Make it into a race.</li> <li>• Tell them they can only collect the water in a relay format.</li> </ul>
If they find it too hard	<ul style="list-style-type: none"> <li>• Use tape to cover up a couple of the holes.</li> </ul>

## Line Up

- Split your group into three equal teams.
- Each team should have a bench. They should stand on their bench and follow the teacher's instructions.
- No one can step down from the bench until they have completed the task.

Equipment	Benches, blindfolds.
Organisation	Split the group into 3 equal teams. Each team must stand on their bench and organise themselves into the order you tell them. Use date of birth, height, house number, first initial, etc. If anyone falls off, the team should start again.
If they find it too easy	<ul style="list-style-type: none"> <li>• Make them do it without speaking to each other.</li> <li>• Blindfold a member of the team.</li> </ul>
If they find it too hard	<ul style="list-style-type: none"> <li>• Tell them to hold onto each other as they move.</li> </ul>

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## Call Your Partner

- Form your group into pairs.
- One of the pair will be blindfolded.
- Using a pre-arranged form of communication (right, left, forward, back etc.) the non-blindfolded child should direct their partner towards them.
- The blindfold must not be removed until they have reached their partner.

Equipment	Blindfolds.
Organisation	Pupils get into pairs. One of them is blindfolded and stands across the way from their partner. Their partner calls to them, giving instructions so that their partner can reach them first.
If they find it too easy	<ul style="list-style-type: none"> <li>• They have to come up with alternative form of communication to signal left, right, stop, etc. e.g. clapping.</li> </ul>
If they find it too hard	<ul style="list-style-type: none"> <li>• Allow the sighted pupil to come closer to their partner and lead them to a certain area instead.</li> </ul>

## Square Dance

- The group works together on this challenge.
- Everyone should be blindfolded and asked to hold on to part of a long rope.
- Without removing the blindfolds they should organise themselves into a square.
- When you are satisfied with their square they should lay the rope on the floor and take off the blindfolds.

Equipment	Long rope, blindfolds.
Organisation	Start the group off in a straight line. You will need to put the rope in to each team member's hands. They are not allowed to peek until you tell them they're finished. They have to communicate effectively to move each team member into position so the rope forms a square.
If they find it too easy	Set them a time limit.
If they find it too hard	<ul style="list-style-type: none"> <li>• Allow one member of the team to be sighted and take on a leadership role.</li> <li>• Tell them to work out beforehand who will be the corners and how many will need to fill in the sides.</li> </ul>

## Group Sit

- The group should stand in a circle.
- Everyone needs to face the same way.
- On the word "go" everyone should sit on the knees of the person behind them.
- They will need to work together or they will fall over!!!

Equipment	None
Organisation	They need to stand in a tight circle. One person should be the leader. They all need to face the same way and sit at precisely the same time. They will fall over if they don't work as a team.
If they find it too easy	<ul style="list-style-type: none"> <li>• Get them to sit then stand again without falling over.</li> </ul>
If they find it too hard	<ul style="list-style-type: none"> <li>• Allow some members of the group to come out of the circle to act as a support for their team mates.</li> </ul>

## Hoop Race

- Split the group into two equal teams.
- Give each team a hoop.
- The teams should form a circle and hold hands. Two children should let go and have the hoop placed over one of their arms before joining hands again.
- The challenge is to move the hoop around the circle without any person letting go of the hand they are holding.
- This is a race!!

Equipment	Hoops.
Organisation	You need to split the group into 2 equal teams. They must make a circle and hold hands. Slip the hoop over the arms of one pair and get them to join hands again. The teams have to work together to move the hoop round the circle, stepping into it and pulling it over their heads.
If they find it too easy	<ul style="list-style-type: none"> <li>• Get them to do it in the opposite direction.</li> </ul>
If they find it too hard	<ul style="list-style-type: none"> <li>• Allow them to use their hands to move the hoop, so long as they don't let go.</li> </ul>

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