Minute to Win It Teambuilding Activity

Day #1/#2, August 2014

Divide the class into 8 groups. Each group will consist of four players but 1 or 2 groups will have an extra (fifth) player.

Equipment (Each group will be given a bag with the following equipment)

* 12 pencils (96 total)
* Breakfast box pictures (8 total)
* 28 cups, 1 marked differently than the others (224 cups)
* 6 ping pong balls (48 total)
* 10 rubber bands (80 total)
* 5 clothes pins (40 total)
* 5 playing cards (40 total), 1-2 decks
* Pool noodles (8 total)
* 5 marbles (40 total)
* Quarters (8 total)
* 2 pedometers (16 total)
* Hula Hoops (8 total)

Backflip

Equipment: 12 pencils per group (96 total pencils)

Modifications:

1. Person #1 flips two pencils
2. Person #2 flips four pencils
3. Person #3 flips six pencils
4. Person #4 flips eight pencils
5. Person #5/#1 flips ten pencils
6. Person #1/#2 flips twelve pencils
7. If one (or more) pencils are dropped you start over again (at the beginning)

Breakfast Scramble

Equipment: Breakfast box pictures (pre cut) (8 total puzzles)

Modifications:

1. Teams will line up in a single file line
2. First person will take a puzzle piece and place it on the
3. Take turns completing the puzzle piece, each person may only move one piece at a time.

Movin on Up

Equipment: 10 cups (1 is marked differently than the others)

Modifications:

1. Teams will line up in a single file line
2. Person #1 will restack the entire stack and hand off to the second person
3. Teams will have to restack a total of 5 times (one person may need to go twice)

Ping Tac Toe

Equipment: 9 cups, 5 ping pong balls

Modifications:

1. Teams will line up in a single line
2. People on each team will alternate taking turns.
3. Teams must get three balls in a row to win the game

Rapid Fire

Equipment: 6 cups, rubber bands

Modifications

1. Teams will line up in a single line
2. People on each team will alternate taking turns
3. Teams must knock OVER all six cups in order to win.

Sharp Shooter

Equipment: Rubber Bands, 5 clothes pins (35 total), 5 cards (35 total)

Modifications:

1. Teams will line up in a line
2. People on each team will alternate taking turns
3. All five cards must be knocked over in order to win the game

Spare Me

Equipment: pool noodles (8), 5 marbles (35), 5 cups (35)

Modifications:

1. Teams will line up in a straight line
2. People on each team will alternate taking turns
3. All five cups must be knocked over/hit in order to win the game

Spin Doctor

Equipment: Quarters (8), desk (8)

Modifications:

1. Teams will have two players stand one side of a table and two stand on the opposite side of the table.
2. People will alternate taking turns on each side
3. One person will spin (flick) the quarter to the opposite side, this player will try and stop their quarter while keeping it vertical.

Stack Attack

Equipment: 28 cups (224 total)

Modifications:

1. Teams will line up in a single file line
2. Players on each team will alternate taking a turn to stack the pyramid
3. When the pyramid is stacked, all four players will attempt to deconstruct the pyramid into one stack of cups as quickly as possible.

Temper Tantrum

Equipment: 2 pedometers (16 total)

Modifications:

1. Each player on the team will take turns
2. Each round the pedometers will be reset and the next player will start at zero.
3. Scores will be added up (from both pedometers and all players).
4. Five rounds will be completed (someone might need to go twice)

Tilta Cup

Equipment: 6 ping pong balls (48 total), 7 cups (56 total)

Modifications:

1. Each player on the team will take turns
2. When a player is successful at bouncing a ball (from the table?) into the cup they will hand off the stack to the next person in line
3. If a cup/ball drops the team must start their stack over and the next person in line starts.

Wheel of a Deal (Outside??)

Equipment: Playing Cards (1 or more sets with 8 different card types: A, K, Q, J, 10, 9, 8 and 7), 8 hula hoops (1 per group)

Modifications:

1. The entire class will be given a stack of cards. Each card must be placed in the appropriate location (hula hoop?).
2. Teams will send one player to start into the middle of the playing area.
3. The player will pick up a card and take it to the appropriate section
4. This player will turn run back to their teammate and give them a high five.
5. Play continues until the minute is up!