

GSWNY-U

2014



Thank you for participating in our teambuilding activities. If you have questions please email Carolyn Magner at ropes.programs@gswny.org

If activities are unclear or you need more descriptions see any of the follow resources. Adventure Play is great for our younger girls.

- **Adventure Curriculum for Physical Education: High School** by Jane Panicucci with Nancy Constable, Lisa Hunt, Amy Kohut and Alison Rheingold
- **Adventure Curriculum for Physical Education: Middle School** by Jane Panicucci with Nancy Constable, Lisa Hunt, Amy Kohut and Alison Rheingold
- **Adventure Curriculum for Physical Education: Elementary School** by Jane Panicucci with Nancy Constable, Lisa Hunt, Amy Kohut and Alison Rheingold
- **Adventure Play** by Nancy Macphee Bower, M. Nancy Bower
- **Cowstails and Cobras II** by Karl Rohnke
- **Character Education: 43 Fitness Activities for Community Building** by Donald R. Glover, Leigh Ann Anderson
- **QuickSilver: Adventure Games, Initiative Problems, Trust Activities and a Guide to Effective Leadership** by Karl Rohnke and Steve Butler
- **Silver Bullets: A Guide to Initiative Problems, Adventure Games and Trust Activities** by Karl Rohnke
- **Team Building Through Physical Challenges** by Donald R. Glover, Daniel W. Midura
- www.PA.org
- <http://www.teamworkandteamplay.com/resources.html> Jim Cain
- Debriefing Tools Training Wheels <http://store.training-wheels.com/procac.html>

Project Adventure's core themes by grade levels

Primary (K-2)

Working together
Safety
Respect for self and others

Elementary (3-5)

Communication
Cooperation
Conflict Resolution

Middle school (6-8)

Respect for differences
Problem solving
Self-esteem
Compassion

High School (9-12)

Leadership
Creativity
Risk Taking

Full Value Contract by grade levels

PRIMARY (Grades K-2)

- BE KIND
- BE GENTLE
- BE SAFE

ELEMENTARY (Grades 3-5)

- PLAY HARD
- PLAY FAIR
- PLAY SAFE

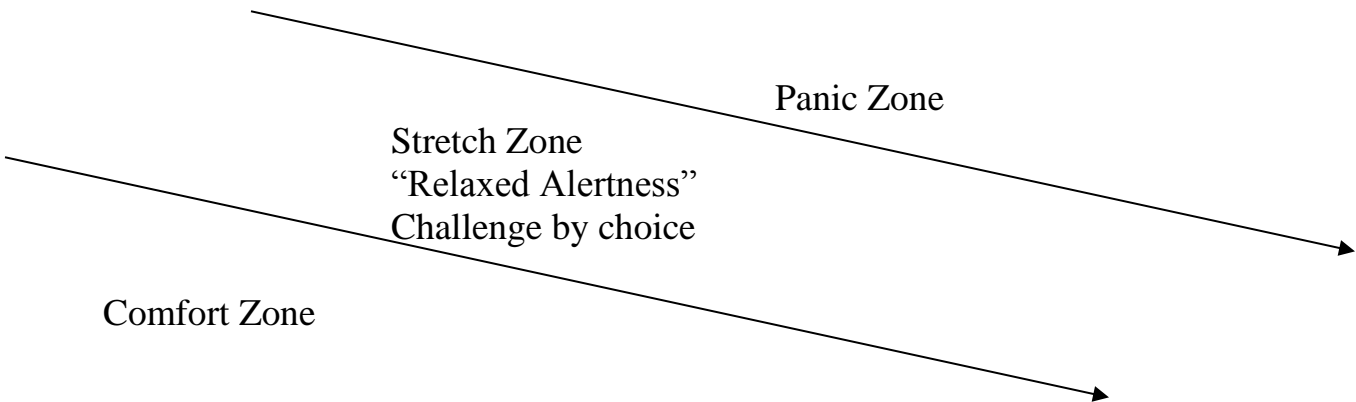
MIDDLE SCHOOL (grades 6-8)

- BE HERE
- BE SAFE
- SET GOALS
- BE HONEST
- LET GO AND MOVE ON

HIGH SCHOOL (Grades 9-12)

- BE PRESENT
- PAY ATTENTION
- SPEAK YOUR TRUTH
- BE OPEN TO OUTCOMES
- CREATE A SAFE ENVIRONMENT

CHALLENGE BY CHOICE



The Experiential Learning Cycle

Everyday life experiences
and Full value Commitment



Goal Setting



Experience

Application

Now what?

Reflection

What?

Generalization

So what?

**I hear, and I forget.
I see, and I remember.
I do, and I understand.**

The GRABBSS Assessment

GOALS

How does the activity relate to the group and individual goals that have been set?

READINESS

Is the group ready for what you have planned? What is the level of cognition of understanding, of the skills and task?

AFFECT

What is the feeling of the group? What kind of sensations are they having? What is the level of empathy or caring?

BEHAVIOR

How is the group acting? Is it resistive? Disruptive? Agreeable?

BODY

What kind of physical shape are the participants in? How tired are they? Do they use chemicals, prescribed or otherwise?

SETTING

What is the family constellation, the socio-economic and diversity factors? Is post traumatic stress present?

STAGE OF DEVELOPMENT

What stage is the group at, the forming, the storming, the norming, the transforming? Does the group require strict “control”, or is it “empowered” enough to take responsibility?

Name Shout

Objective:

To learn names

Equipment: Beach Ball or other soft tossable object

Set-up:

Open area; campers sitting in circle

How to play:

Have campers sitting in a circle. Have campers say her name in a clockwise direction.

Second time around the circle have campers say their name again hold the beach ball over their head.

Third time around a camper will roll or throw the beach ball to another camper. When the camper receives the ball, they hold it over their head and say their name. After they say their name, everyone else repeats that campers name twice. For example if Suzy is holding the ball over her head, the rest of the camper say Suzy, Suzy. Suzy the rolls or throws the ball to another camper and the game continues.

Repeat until all campers have had at least one turn.

Safety:

Watch how children are throwing the ball, make sure it is gentle

If playing the variation make sure campers have enough room to do the movements without bumping their neighbor.

Variations:

Have campers do a movement with their name and everyone has to repeat that movement. Suzy does a jumping jack everyone has does a jump jack and say Suzy.

Follow Me

Objective:

Following directions, Body Control

Equipment:

Hula Hoops, Tunnels (large boxes work), sign boards or tag board (to write directions on), Fun Noodles, Footprints, ropes, balls.

Set-up:

Open area; create an obstacle course

How to play:

Set-up a large obstacle course that campers can travel through.

Show camper how to travel through the course reading the sign or following the arrows. Make a start and an end. If you make it in a large circle, shape campers can keep going through it with various challenges.

Give the campers challenges when they go through the course. Challenges can be clapping, low level (crawling or squatting), High level (on there tip toes)

Remind camper to keep their bodies safe and not bump into their friends.

Safety:

Keeping control of Bodies

Variations:

Have them follow a partner throughout the course.

Peek-a-Who

Objective:

Learn name, Build community

Equipment:

Parachute or Tarp, 2 ropes or 2 cones

Set-up:

Open area with tarp in the middle of two groups.

How to play:

Have a “helper” or another counselor hold up the other side of the tarp for you.

Tell the campers that this is a magic screen on the count of 3, you and your helper will drop the tarp.

Two camper are sitting face to face (the magic screen was in between them prior to being dropped).

The two campers have to try to say the other person name first. If you say the correct name first then the other camp will join your team.

The other campers cannot say the name, they must be waiting in an area behind the one at the magic curtain. I use a cone or a rope area that they must sit behind.

Safety:

Make sure campers walk around the magic curtain and not step over it

Variations:

Try sending a buddy up to the magic curtain with the camper, this would also help reinforce the rule of camp always stay with a buddy.

Twizzle

Objective:

Movement, Following directions

Equipment:

None

Set-up:

Open area with a circle

Use the center circle on a basketball court

How to play:

Have the campers stand on a circle with space in between their neighbors. Introduce campers to the commands of the game- do this by introducing them one at a time

Walk, hop, turn, and Twizzle

Walk until next command is given

Hop- one hop than stop

Reverse- Jump ½ circle and face the other direction (again only do this once wait for next command)

Twizzle- Jump a full circle a full 360 degrees (do this once and wait for next command)

If campers miss a command or do the wrong move they are to then switch and join a second circle. If out they just switch back and forth this keeps every body active.

Safety:

Make sure campers have enough room to jump and turn; so they won't bump the other campers in front and behind them.

Variations:

Have camper callers call out commands

Challenge to try activity with a beanbag balance on their head.

Smaug's Jewel

Objective:

Building community, body control

Equipment:

An object to protect- jewel, rubber animal

Boundaries- rope or polypots

Set-up:

Open area with a circle boundary

Object placed in the center of the circle

How to play:

Campers are in a circle with the "protector" in the center. The protector is standing over the object. The protector is not allowed to touch the object.

The protector has two jobs to protect the object and to ask questions. Is your favorite color blue. Do you play soccer? Do you have a brother?

Other campers are attempting to steal the object. They are only allowed to enter the circle if they can answer yes or have the question be true for them.

If the protector tags them, they must leave the circle and wait for the next question they can answer yes too.

If campers steal the object, the goal is to get it to the outside of the circle. If they are tagged before, they get out, they must drop the object right where it is, they do not need to move it to the center of the circle. Game continues until someone gets the object out of the circle.

The person who gets the object out they are the next protector.

Safety:

Gentle tagging

Be careful if campers are trying to back pedal out of the circle

Campers are not allowed to kick the object when trying to steal it.

Variations:

Cross the Line

Objective:

Building Community

Equipment:

A rope to create a line

Set-up:

Rope laid out straight

How to play:

Have all campers stand on one side of the line. Ask them a question. If the question is true for them, they are to cross over the line. If it isn't true for them, they just stand still.

They just keep going back and forth over the line if the questions are true for them

Ask question various questions that will help the group to know each other. It can also give you an idea about who might be fearful or nervous on a course.

Do you have any siblings? Do you have more than three siblings? Have you ever gone backpacking? Have you ever gone on a Roller Coaster? Have you ever tried the sky coaster at Six Flags?

Allow campers to ask questions make sure they are appropriate?

Safety:

Variations:

People 2 People

Objective:

Getting to know each other, working together with a buddy, body control, traveling

Equipment:

Music; something to define the playing area (rectangle –basketball court works well)

Set-up:

Open area

How to play:

When the music is on camper must travel about around within the boundaries.

Music stop they have to stand back to back with the closest person to you. (If you have an odd number group, one attaches to you) Set-up an area you call lost and found for camper to find someone if nobody is close to them.

Have campers match up body parts.

Hand to knee

Elbow to elbow

Foot to Foot

Create more but see safety about head

People to People (find a new partner)

When music start travel about the play area

Safety:

Camper traveling around safely

Be careful of things to the head (due to lice or accidentally bumping head to head)

Variations:

Have campers call- make sure they are safe combinations

Hold previous command while attempting the next

Captain's Calling

Objective:

Following directions, Movement, body control

Equipment:

Rope or cones or basketball court

Set-up:

Create a large rectangle playing area with rope,

Open area

How to play:

Tell campers they are now boarding a boat. Have them sit on the back of the boat boundary. (Back of the boat never changes)

Stern-back

Bow-front

Port-left side (I explain left has four letter and port does too)

Starboard –right side

Have campers get use to the location of these commands, call out a command and have them travel by different locomotor movements.

Gradually add more commands

Person overboard- make binoculars and look over someone who might have fallen overboard

Captain's coming- salute like soldier

Swab the deck- pretend to clean the deck with mop

Seagull- cover head with you arms

Sea sick- pretend to get sick

Safety:

Moving from place to place avoid collisions

Variations:

Create more commands

Have student captain's

Have commands on paper with large words (helps if student captain's are not loud enough)

Bear, Salmon, Mosquito (aka Rock Paper Scissors)

Objective:

Body control, Tagging/Dodging, Quick response

Equipment:

Rope Boundaries for Middle line and two safety lines

Set-up:

Open playing area

Mark a middle center line and 2 safety lines (about 7-10 feet away from each other)

Safety line_____

Middle line_____

Safety line_____

How to play:

Start with partners playing against each other. This is like a game of rock, paper scissors.

Bear raises both hands in air and growls

Salmon hands together looking like a fish swimming straight

Mosquito hands at side making a buzzing sound

Bear chases Salmon

Salmon chases Mosquito

Mosquito chases Bear.

Campers will stand back to back then count 123 jump and show their sign.

The winning sign according to above chases the other person to their safety line.

Safety:

Campers have enough room so they don't bump their neighbors playing next to them

Variations:

2 Teams if you get tagged you join the other team

Teams have the same symbol; they must shake hands and then decided on a new symbol.

Marshmallow River (Younger version of Stepping Stones)

Objective:

General space, following pathway, working together

Equipment:

Something to create a boundaries 2-Rope or several cones, something small for then to step on carpet squares, foam squares, or stepping stones

Set-up:

Create a start line with a rope and have a finish line about 50-75 feet away. Then place a pathway between the boundaries using carpet squares. Make sure the pathway is one camper's can walk across some can be a stretch.

How to play:

Explain to the campers that in front of them is a sea of Hot Chocolate. In the Hot Chocolate are "marshmallows".

First allow students to cross the marshmallow on their own, giving them the chance to explore.

Then add the challenge to cross holding a buddies hand and cross without touching the hot chocolate.

After everyone has crossed see if the can cross with the whole group connected at one.

Safety:

Campers are not pulling each other as they cross the river

Be careful of what you are using a marshmallows.

Variations:

Stepping Stones

Objective:

Teamwork, cooperation, communication, problem solving

Equipment:

Carpet squares 1 per person

2 ropes for boundary

Various objects they have to travel around

Set-up:

Create a start line and a finish line, have then about 50-100 feet apart. This distance will be based on the size of your group.

Rafts are at the start line

Object scattered throughout the field in between the start and finish line

How to play:

As a group you must cross the ocean without coming off your raft. Watch out so your boat doesn't touch the "icebergs"(the objects)

If you left go of your raft and any point it drifts down the river and you lose it. If you hit an iceberg you loose that raft. If someone falls off the raft they must return to the start.

Safety:

Do not allow students to carry each other. Watch to make sure that they are not over jump or stretching from raft to raft.

If you use carpet squares watch the surface you are using them on. If you are also using something besides carpet squares again make sure they do not slip on the surface.

Variations:

To earn carpets back the campers have to identify them with values in their life. Or things that could help the out in life situations.

Group Juggle

Objective:

Team building, communication, problem solving

Equipment:

Tossable items.(beanie animals, yarn balls)

Stop watch

Set-up:

Open space

Group standing in a circle

How to play:

Group must toss yarn ball in a pattern. Everyone may only get it once. Remember who you threw it too. Let the group toss the pattern a second time. Second time, time them to see how long it takes to get the yarn ball back to the start.

The pattern must stay the same and everyone can only get the ball once.

Try to have the group decrease their time after that. Set a world record!

Safety: Self- control, safe throws

Variations:

How many items can the group keep tossing with the same pattern without dropping them?

Add a blocker for a teaching lesson