

TEAMBUILDING Activities

#1

Electric Fence

Your small group is about to undertake a mission into dangerous territory. You must in complete silence get your team across the "electric fence" to enter the battlefield. But first you must leave something behind. Spend about a minute to think about something that may interfere with the mission that you need to leave behind. It could be an issue such as pride, bitterness, stress, anger, etc. Choose an imaginary object to represent this issue. Your final objective is to get your entire "team" over the "electric fence" without touching the cable. Before crossing the wire, place the imaginary object down, leaving it behind. Remember you must do this in complete silence.

Challenge:

Get your entire group safely over the "electric fence" and leave an object behind.

Guidelines:

If you touch the wire – you will immediately go blind and will not be able to open your eyes. You need to work as a team to get over the electric fence – two people may cross under the fence at the beginning to help people arrive on the other side safely. But all people must cross over the wire at sometime in order for your mission to be successful. Once only two people remain on the original side – two people may cross under to help them over. Be cautious not to accidentally drop your team members – remember they are depending on you and you will need to depend on them. You should orient your students how to properly spot (one foot back, one foot forward arms raised into a superhero pose) and lift people.

Debrief:

FACTS

How successful were you in getting across? (scale of 1-10 & explain rating briefly)
What were some of your fears or concerns before crossing the wire?
What was harder helping people over or being helped over? Why?
What was rewarding about reaching the other side?
What was the "object" you left behind?

FEELINGS

What were some of the feelings you had during the exercise?
Was there anything that made you mad? Sad? Confused?
Looking back, is there anything you would do differently?
What were your feelings on not being able to communicate verbally?

ACT

How important is communication for a mission to be successful?
What did you learn about yourself that can be applied to school? Youth? Home?
What did you learn about others that will affect your time at school? Youth? Home?

PRAY

Pray as a small group for opportunities for ministry at school, home, church, work.
If you are open to share the "object" you left behind – you can pray about this as well.

Note: You could include the lyrics or play the song "Walk On" by U2 and attach it to this activity. Both the symbolism and actual lyrics tie in well with the theme of hope, of having to leave stuff behind, etc.

Scripture:

See Luke 14 – lots of Scriptural tie-ins with the parables shared.

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#2

Rescue Me (balloon towers)

Break into groups of 4 or 5.
Distribute building materials* (balloons & tape)

Read scenario:

You and your group have been stranded on a desert island with no way of getting off. You do however have the parts of a transmitter, which would allow you to send a signal for help. In order for the signal to be sent it needs to be as high as possible and sturdy enough to resist any potential winds. Because the tower itself is a visual beacon – it should also stand-out & be aesthetically pleasing. However, time is running out as your battery will only last for a certain period as it has been compromised by sea water and is quickly deteriorating.

Challenge:

To create the tallest tower possible using the materials given. Make certain you come up with a plan prior to doing the activity.

Guidelines:

Group should work together & come up with a plan that helps them accomplish their goals Time-limit of 5 minutes to plan, 20 minutes to build towers, each tower will be judged to see if they are High enough, Sturdy enough, & Aesthetically pleasing.

Debrief:

Did your group have a specific design in mind, or were several different styles of towers tried before making a final decision?

Were you successful in accomplishing your task as a team? What are some ways that as a group you could have improved your success at this activity?

Did you all feel you contributed in some way? If not, what stopped you from contributing?

What role did you each play? Do you see yourself performing a similar role in a team situation in real life?

How successful were you at communicating as a group? What are some ways that you personally could have communicated more effectively?

*Note:

Other versions - balloons & tape could be replaced with PVC pipes, sticks, lego, whatever building materials you can think of.

Scripture: (Luke 14:28-31)

"Suppose one of you wants to build a tower. Will he not first sit down and estimate the cost to see if he has enough money to complete it? For if he lays the foundation and is not able to finish it, everyone who sees it will ridicule him, saying, 'This fellow began to build and was not able to finish.' "Or suppose a king is about to go to war against another king. Will he not first sit down and consider whether he is able with ten thousand men to oppose the one coming against him with twenty thousand? If he is not able, he will send a delegation while the other is still a long way off and will ask for terms of peace. In the same way, any of you who does not give up everything he has cannot be my disciple." (NIV)

How does this Scripture apply to this activity?

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#3

Elevation (Casmock)

This is a relatively simple activity which involves lifting a person from lying flat down on the ground skyward. It involves trusting a group and contains an element of adrenaline.

Challenge:

Elevate a person so it appears that they are levitating or floating above the ground.

Guidelines:

Get the individual to be elevated lie down on a durable folded over tarp face up and with arms crossed on their chest. With a group of 5-6 people kneel down and evenly-space themselves out surrounding the person lying down. Curl up the edge of the tarp so that it forms a significant lip to hold on to. Then slowly on the count of 3 elevate the person first to the knees, then the waist, and then to shoulders and if possible with arms outstretched (this is limited to the height of the shortest person). Then slowly lower the person in a safe manner. If the person is up for it the process can be repeated faster but again take safety into consideration.

Debrief:

- What makes it difficult to trust? Yourself? Others? God?
- What behaviors and attitudes help you build trust?
- What behaviors and attitudes get in the way of building trust?
- Which role is easier, the one trusting or being trusted?
- Which role is more difficult, the one trusting or being trusted?
- How would the group act, or look, if we were trusting?
- What can you do to help increase the trust level in the group?
- In what ways can you apply what you have learned?
- How does John 12 deal with the issue of trust?

Scripture: John 12:37-50 (note: read rest of John for context)

But despite all the miraculous signs Jesus had done, most of the people still did not believe in him. This is exactly what Isaiah the prophet had predicted: "Lord, who has believed our message? To whom has the Lord revealed his powerful arm? But the people couldn't believe, for as Isaiah also said, "The Lord has blinded their eyes and hardened their hearts—so that their eyes cannot see, and their hearts cannot understand, and they cannot turn to me and have me heal them." Isaiah was referring to Jesus when he said this, because he saw the future and spoke of the Messiah's glory. Many people did believe in him, however, including some of the Jewish leaders. But they wouldn't admit it for fear that the Pharisees would expel them from the synagogue. For they loved human praise more than the praise of God. Jesus shouted to the crowds, "If you trust me, you are trusting not only me, but also God who sent me. For when you see me, you are seeing the one who sent me. I have come as a light to shine in this dark world, so that all who put their trust in me will no longer remain in the dark. I will not judge those who hear me but don't obey me, for I have come to save the world and not to judge it. But all who reject me and my message will be judged on the day of judgment by the truth I have spoken. I don't speak on my own authority. The Father who sent me has commanded me what to say and how to say it. And I know his commands lead to eternal life; so I say whatever the Father tells me to say."