

A.S.A.P. Activities: As Simple As Possible

Developed by Chris Cavert

1. Names (Props: None)

A: 'Learn' everyone's name in your group in the next 4 minutes.

Debrief: Share what you said to yourself when you were first given the challenge? What if I gave you \$1,000,000 to learn everyone's name in 4 minutes? Is it worth \$1,000,000 to learn names?

2. Line Up (Props: None)

A: Without talking or using your hands, 'circle-up' alphabetically by first names.

Debrief: Discuss why this activity was (or wasn't) successful for you. What part did each of you play in that success (or non-success).

3. Circle Up (Props: None)

A: As a group, 'link' together to form a circle making each link between players different.

Debrief: Discuss who was responsible for the link between each pair? How did you all agree that each link was different than every other link?

4. Toss The Object (Props: One Tossable Object)

A: Toss the 'object' among yourselves, without tossing it to the person on your left or the person on your right, so that each person catches and tosses the object only once. Alternative: Standing in a circle, toss this object among yourselves without tossing it to the person on your left or....

Debrief: Discuss all the steps of the process you went through in order to complete the task. What steps could you add to the process? What steps (parts) could have been taken out?

5. Rope Shapes (Props: 50 foot activity rope circle)

A: With everyone 'holding on' to the rope circle provided in some fashion, form the rope into a square. Alternative: equilateral triangle, cube, pentagon, a five-pointed star *with* a pentagon in the center.

Debrief: Discuss how you, as a group, decided that you reached the end product. What, if anything, is significant about this in regards to group consensus?

6. Spellings (Props: One set of 26 letters)

A: Use the letters provided to 'spell' as many words as you can in the next three minutes.

Debrief: Discuss all the roles that emerged during the task and why these roles showed up.

7. The Alphabet (Props: None)

A: As a group, without using any 'props' or tools, say the English alphabet backwards, in reverse-order, from the letter Z to the letter A. Alternative: How fast can you say the alphabet backwards?

Debrief: Discuss some of the expected and unexpected challenges you worked through during the task.

8. Word Circle Puzzle (Props: Word Circle Puzzle)

A: Using the Word Circle Cards provided, 'order' *all* the words together so that each word is agreeably connected to the word before it and the word after it.

Debrief: As a group, how would you define 'distraction?' Based on your definition, what distractions surfaced during the activity and how did you deal with them?

9. Line-Up (None)

A: Line up in 'your number' order.

Debrief: As a group, how did you settle 'your number order?' Check in to see if everyone agreed on the 'number' or did some people simply go along with it? What is significant about this?

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10. The Sound (Props: None) (competitive version)

A: Make the longest continuous vowel sound with each person in your group ‘sounding’ only one time – each person is only allowed to make the groups chosen sound in one breath. Be sure that each person’s sound overlaps the previous persons sound to avoid any interruptions in The Sound.

Debrief: Discuss how you each viewed the competitive aspect of the activity. How does competition factor into the tasks in your life?

11. Tie the Knot (Props: One 5 foot rope for every pair)

A: Pair up players in your group – this is still an all-group challenge. With each player of each ‘pair’ holding on to the end of a 5-foot rope, without letting go of either end, tie an overhand knot in the rope.

Debrief: Discuss the concept of helping. Did ‘helping’ occur? What are particular issues around the concept of helping that are important to you? (If you had a person without a partner, what did you do?)

12. Circle Walk (Props: None)

A: Set this up: Form a group circle with all players connecting feet, side-to-side, with the right and left players. Now ‘move’ around the room as a group and touch each wall one time. If any foot-to-foot connection is broken, start your wall count over.

Debrief: Discuss some of the reasons why rules are put into place and why many consider it important to follow rules. Discuss when it might be appropriate to not follow the rules.

13. Balloon Drop (Props: One inflated balloon)

A: Have one person in your group *drop* the inflated balloon. Without the inflated balloon ever traveling in the *upward* direction, how many people in your group can ‘touch’ the balloon (without holding it), one person at a time, before it hits the floor. Alternative: How many balloon touches, with everyone taking turns, can be made before the balloon hits the floor.

Debrief: Discuss your level of success for this activity – include everyone’s perspective on success. In the end, as a group, how would you rate your success on a scale of 1 to 10?

14. 360 Degrees (Props: One oblong object & timing device, e.g., tongue depressor, pool noodle, a can)

A: In the fastest time possible, have every person in the ‘group’ independently turn the object provided 360 degrees. You have the next 4 minutes to record your fastest group time.

Debrief: Discuss how you shared ideas as a group – include how many ideas were thought of, how many ideas were shared, and how many ideas were tried.

15. Hands (Props: None)

A: How many hands can your group put ‘together’ where each hand is touching every other hand.

Debrief: Discuss how you decided, as a group, when you were at your maximum amount of hands. (You might first need to determine if you did indeed decide as a group you were maxed out.)

16. Agreement (Props: None)

A: Make an ‘agreement’ *to yourself* that you will accomplish something within the next week. Publish this agreement to the group (i.e., tell the group your agreement).

Debrief: Discuss how ‘deep’ each persons agreement is and why each person chose that level of ‘deepness’.

17. Create It (Props: A variety of supplies/props that were used for other activities)

Using any, all or none of the props you have, ‘create’ an a.s.a.p. activity. Include a point or points to discuss.