

BONUS MATERIAL

CUP IT UP: Team Building with Cups

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Self-Directed Guidelines & Directions

Thank you for picking up your BONUS DOWNLOAD!

Below you will find the participant Guidelines & Directions for three of the activities included in the book CUP IT UP:

- Compound Effect
- Cup Switch
- Line 'Em Up

After printing out a copy of any or all of these instructions, you are ready to hand them out to your participants. You could also email this download to someone in the group so they could access the guidelines & directions from their mobile device.

Once the activities are set up and the group has the overall objective, they can proceed with the challenge(s) knowing they have the resources to work their way to success.

Compound Effect Action Guidelines

- Only non-sighted players can be inside the boundary area. There is no limit to the number of players inside the boundary area as long as they are blindfolded.
- You can only bring one cup into the boundary area at a time.
- After placing a cup on one of the flat objects, or another cup, you must exit the building area.
- Sighted participants, standing outside of the building area, are allowed to verbally guide those inside the area.
- Cup towers must be built on the flat objects provided and only one tower can be built on each flat object. Cups must be stacked with like ends together, not nested inside of each other.
- Any cup that touches the floor/carpet/ground inside the building area (not on the flat object) will be removed from the area and may not be used as a building resource.
- Tell your facilitator when you are ready. You will then have 10 minutes to build for points.

Scoring: The first cup placed (in the closed position) on one of the flat objects is worth one point. Any cup that is stacked on top of another cup will be scored in a compound fashion (double the current tower's points). For example, the second cup in the tower will equal two points. The third cup will equal four points. A fourth cup will equal eight points. And so on... (Your facilitator will be happy to give you more details about compound scoring if needed.)

Cup Switch Guidelines

1. A cup may only be picked up by a person inside the cup area.
2. When the first person steps into the cup area, the time will start.
3. No more than two people can step inside the cup area at any time.
4. Each person in the cup area is allowed to pick up and set down ONE cup - the cup you pick up is the cup you set down.
5. Picking up a cup is the ONLY way the number on a spot can be revealed.
6. The numbered spots must stay in their original location (i.e., no moving the numbers).
7. Cups must be placed back down on a numbered spot, completely covering the number on the spot.
8. After placing a cup, the person must exit the cup area - both feet stepping completely outside of the cup area.
9. When each cup is covering its matching number someone in your group must tell the timer, "We're Done!" At this point the time stops.
10. Before the official time is given, all matches will be verified.

Directions for Line 'Em Up

- All cups must stay inside the cup areas, open end up, until time starts - looking at the numbers or letters on the bottom of any cup is prohibited until timing starts.
- Your facilitator will inform you of the game fouls, and the consequences for each, before the time starts.
- Cups can be arranged within each group's cup area in any way before timing starts - again, looking at any numbers or letters before time starts is prohibited.
- When each group is ready, timing will start.
- After the timing starts the cups can be turned over - players can look at the numbers or letters on the cups.
- Each player is responsible for placing **at least one cup**, number or letter up, within proper sequential order - 1 to 26 or A to Z.
- The first cup in each set, number "1" or letter "A", must be set down first, number or letter up, inside the center area.
- All remaining cups must be placed down one at a time in sequential order, independently of one another (not nested together), number or letter up, outside the cup areas.
- When ALL cups in play have been set down in sequential order (outside of the cup areas) the timing stops.