

# Portable Teambuilding Activities

ACCT 2019, presented by Dr. Chris Cavert

Thanks so much for joining me at the pre-conference. It was wonderful to meet you. If you have any questions about any of the activity summaries in this handout, just reach out. My email is at the bottom of each page. Have FUN out there! **Be sure to grab the other ACCT 2019 Handout, These 5 Activities for Anything** - there are a couple write-ups of activities we did in this workshop.

**Name Card Exchange** - This was our first activity to learn some names and then do a simple problem-solving task: Blind Shuffle, on "GO" look at the Name Card you have, return it to the person it belongs to, get your card, and then get into our "perfect circle" base on where I (Chris) am standing.

Here is a link to a very detailed description:

<http://www.fundoing.com/blog/name-card-return-what-why-part-1> (copy, cut & paste if needed)

This is Part 1 of the three-part series - What? and Why? In Parts 2 & 3 I detail why I go through each of the steps in Name Card Exchange - so, read on if you want more.

**What You Say? with Playing Cards.** Tell a partner things about yourself equal to the number (Aces are 1 or 11, face cards mirror the card of your partner. Here's more:

You'll need a standard deck of playing cards for this activity (the bigger the better). You might choose to use the 5's and below depending on the time and the number of players you have. (If you have more than 20 players you'll need more cards – Aces to 5s)

The basic idea is to deal one card to every player in the group. Then each player will give the number of responses to the topic presented by the facilitator that is equal to the number/rank on the card. I note that the Aces can be a 1 or 11 – the player holding the Ace can choose. For example, ask each player to talk about him- or herself – if Bob is holding a three, he tells his partner three things about himself. Or, you could ask players to give positive feedback to as many people in the group as the number indicated on their card or, if the number they have is 3, say 3 things you want to remember about the activity as a way to process or reflect on the activity.

If you set this up as a partner activity, have players hold their cards up and find someone else doing the same thing. Players get together in pairs, share info, and then trade cards. When each person is ready to share again, they hold up their card and look for someone else doing the same thing.

Possibilities: Add a few high cards (e.g., 8s, 9s or 10s) to spice it up. Watch for the reactions to the high cards – talk about this later. You could use the face Cards for relationship questions: Kings - talk about some of the leadership qualities you observed during an activity. Queens - talk about some of the helping behaviors you noticed. Jacks - talk about a set-backs you noticed during an activity.

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**Flipping Burgers** - Strategy Development. In this one, everyone had a noodle and a noodle chip (burger patty). We went around trying to knock off the chips from the back of other people's hands. After individual play, we go into groups of three to play the same game. Here's more:

Everyone will need a noodle slice and a mid-size noodle. Place the noodle slice on the back of your hand – the hand and forearm are parallel to the ground. In a medium size boundary area, players try to push/jam (not swat) the slices off of other players' hands using only the noodle and only moving the noodle in a horizontal direction (this game does not include vertical "swatting"). No other body contact can be made. If someone's slice drops have them pick it up, put it back on their hand, and continue play.

After some practice, and maybe some play down to the last "winner", group players into pairs or threes. They now work together to keep the cap from falling. A player at the end of the line places the slice on back of his or her hand. The player at the other end of the line will be the one who pushes the slice off of other players' hands. If a drop occurs the group switches roles. After each player of a team has played in each role (noodle end, middle, slice end), this team moves outside the boundary area for the next game. Variation: Once off to the side after going out, you can have players use noodles to push slices off of teams still in play – once out-of-bounds, you must stay out of bounds. (*50 Ways to Use Your Noodle*)

**Flip Flop Tower** - Instructions and Video Here (copy, cut and paste):

<http://www.fundoing.com/blog/flip-flop-tower-cup-it-up-teaser-with-video>

**Line Um Up with Cups** - Every group (6 groups) had 26 cups - numbers 1-26 or letters A-Z. All cups started inside the groups webbing shape. The goal was to line all the cups in order as fast as possible, first cup goes inside the center circle. Then, take back all your cups and set them up in your webbing shape any way you want "to lead you to success". Then, groups switch cup set and (hopefully get information about how the cups are organized).



Lots of team building activities using cups in, CUP IT UP! Find it at the: [FUNdoing.com/store](http://FUNdoing.com/store)

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**Cornet-to-Corner** - (The write-up is in the other ACCT handout, **These 5 Activities for Anything** - be sure to grab it before it's gone!) This is the one where four "teams" started at different corners of a square full of spots. The objective for the group (all four teams together), was to travel across the square of spots, only stepping on the spots and not losing any spots.



**Four-of-a-Kind** - This one is also in the ACCT Handout - These 5 Activities for Anything. This one was collecting cards from a circle full of cards. Each small team, around the outside of the circle of cards, is challenged to get four cards of the same rank - Four-of-a-Kind. When all teams have their four cards, time stops.

**Reverse Pyramid Build** - The challenge of the build is to start from the top of the pyramid. Only cups touching the table can be lifted. Team members can help support and stabilize the pyramid with their index fingers - no lifting with index fingers. If an part of the pyramid falls, the group must restart the build.



## Word Circle Puzzles & Picture Word Circle Puzzles

### Word Circle Puzzle Link:

<http://www.fundoing.com/blog/word-circle-puzzles-june-2014>

(Find the Starter Kit at the: [FUNdoing.com/store](http://www.fundoing.com/store))

### Picture Word Circle Puzzle Link:

<http://www.fundoing.com/blog/picture-word-circle-puzzle-set-1>

(Find the first Kit at the: [FUNdoing.com/store](http://www.fundoing.com/store))

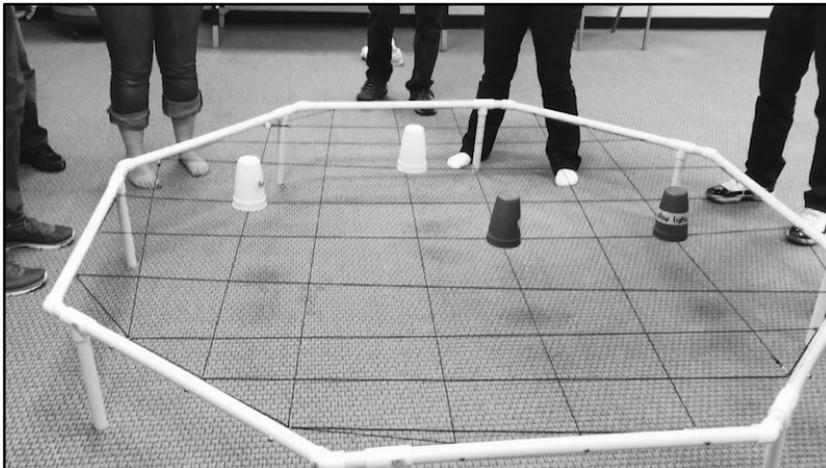
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**Track Ball** - We experimented with the 25-foot P-cord and rolling orbs. Let me know what you come up with out there!



## Stuff we Built and Tried:



**House Trap (PVCsystem)** - This one was the octagon shape at its lowest level. Participants have to make it through the house using keys to open the doors. Plans and activity directions for the PVCsystem are found in my book, *Portable Teambuilding Activities*.

**Lines of Communication (PVCsystem)** - This one is the octagon shape up as high as it can go, and the Bull Ring that is used to move the ball from one pedestal to the other. Plans and activity directions for the PVCsystem are found in my book, *Portable Teambuilding Activities*.



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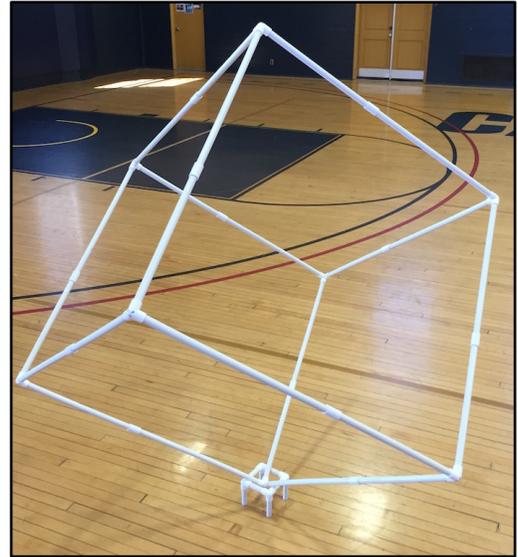
**The Expandable Cube Kit** can be found at the:  
[FUNdoing.com/store](http://FUNdoing.com/store)

The Kit has building instructions and directions for 20 different activities. All the pieces fit into a yoga mat bag.

**Three-D Cube** (Expandable Cube) - Here's a retro video:  
[https://www.youtube.com/watch?v=N7Lj\\_xQZP28&t=70s](https://www.youtube.com/watch?v=N7Lj_xQZP28&t=70s)

**Tub Shuffle** (Expandable Cube) - Here's a retro video:  
<https://www.youtube.com/watch?v=UnyE-yHBZbM&t=38s>

The Cube parts are used to make the Tub.



## Boxes & Boards

The building plans and activity directions for Boxes & Boards are found in my book, *Affordable Portables*. It's available on Amazon (if you can't find it, let me know).

**Wild Woozy** (Boxes & Boards) - This element was built using 4 - 4 by 4s and two braces along with some webbing to hold the V-Shape in position. In this activity two spotted participants are challenged to progress down the V-Shape as far as they can. The more the participants lean into each other, the further they can get.

**Quad Jam** (Boxes & Boards) - Put the 4 - 4 by 4s down on the ground in a square shape. The group goes through a series of challenges:

1. Everyone step up together. Sing a verse of Row, Row, Row your boat without anyone touching the ground. Then, step down. If there is a ground touch, everyone steps down for a restart.
2. Everyone steps up and walks 360 degrees around the boards, without touching.
3. Everyone is challenged to end up at the spot directly across from them, without stepping off.
4. Get into a specific Line Up - Birth day and date; by size of your favorite animal; by distance they live away from program site.

I hope you all had as much fun as I did!! Thanks for joining me.