

Teambuilding activities Oldebroek

Explanation and instructions



Explanation

The Teambuilding activities consist of various parts where "fun" is the main thing but above all there will also have to be good cooperation.

Preparation and materials

The Teambuilding activities consist of all separate game materials.
Our outdoor sports staff ensures that the activities are ready for use during the 1st round.

At the end of an activity round, we ask you to prepare the parts as much as possible (see initial starting position on the instruction cards) for the next group to promote the exchange.

Instruction cards

For each activity there is a separate instruction card with a detailed description. As a game leader, read this carefully in advance. The instruction cards show the starting position, gameplay, game rules and possible adjustments.

Gameplay

With all participants you can participate as 1 team in the different parts (after all, it is also about working together). If the group is a bit larger, you can also choose to create 2 teams that alternately participate in the parts from each other.

The Teambuilding activities consist of the following parts (order does not matter):

- Helium stick
- The Tarp
- Giant Jenga
- Tangram
- String block
- Walking A

Duration

For the Teambuilding activities you have 1 hour after which the groups will switch. Please keep this in mind and skip any parts if they take longer with other activities.

Teambuilding activities

Instruction card – Helium stick



Purpose

Try to lower the stick to the ground with your team without letting your fingers come off the stick

Required material

- Helium stick

Starting position

The participants stand in two rows next to each other and extend their index fingers straight forward (with the inside of the fingers facing each other).

Gameplay

- The team starts from the starting position and the game leader places the stick on the participants' fingers.
- The participants try to lower the stick to the ground together, without letting go of the stick (check this as a game leader).



Rules of the game

- The stick must remain in contact with the index fingers of all participants. As soon as someone releases the stick or it falls, they must restart.
- The stick should not be clamped between the fingers.

Role of game leader

- Supervision of the game rules.
- Adjustment of the gameplay / rules.

Adjustment of gameplay / rules of the game

- Give tips: stand closer to each other or further away, alternating the participants hands (around and around) etc.
- Let the participants start in a crouched position instead of standing.

For any questions and/or uncertainties, please ask our outdoor staff!

Teambuilding activities

Instruction card – The Tarp



Option 1

Purpose

Together with your team, make sure that the tarp is folded as small as possible with all participants remain standing on the tarp.

Required Material

- Tarp

Starting position

Place the unfolded tarp on a flat surface. All participants stand on the tarp.

Gameplay

- The team starts from the starting position and the game leader gives a signal to start.
- The participants try to fold the tarp with all participants remaining on the tarp.
- Try to fold the tarp as small as possible (this should work a total of 7 times).

Rules of the game

- All participants must remain on the tarp (the ground may not be touched).
- The tarp may not be stuffed.

Role of the game leader

- Supervision of the game rules.
- Adjustment of the gameplay / rules if too difficult./easy.

Adjustment of gameplay/ rules of the game

- Easier: Try to fold the tarp 5 times instead of 7 times.
- Easier: Except for the feet, other parts of the body may touch the ground.
- More difficult: Use for example a hill instead of a flat surface to lay the tarp.

For any questions and/or uncertainties, please ask our outdoor staff!



Teambuilding activities

Instruction card – The Tarp



Option 2

Purpose

Together with your team, complete a course with the tarp where all participants remain on the tarp.

Required Material

- Tarp
- Cones

Starting position

The cones are placed separately and form the start and end point of the course. The tarp is unfolded at the 1st cone (starting point). All participants stand on the tarp.

Gameplay

- The team starts from the starting position and the game leader gives a signal to start.
- 1 participant may hold the tarp on one side, this person also remains on the tarp.
- Try to move the tarp by jumping at the same time and pulling the tarp slightly forward.

Rules of the game

- All participants must remain on the tarp (the ground may not be touched).
- The tarp may not be moved forward while walking.
- Be careful when jumping and do not jump into each other.

Role of game leader

- Supervision of the rules of the game.
- Adjust the course of the game or the rules if too difficult/easy.

Adjustment of gameplay/ rules of the game

- Easier: Make the course smaller by putting the cones closer together.
- Easier: Let the game leader count down so everyone jumps at the same time.
- More difficult : Not allowed to count down or shouting to jump.

For any questions and/or uncertainties, please ask our outdoor staff!

Teambuilding activities

Instruction card – Giant Jenga



Purpose

Work together with your team to ensure the tower does not fall by carefully removing the blocks.

Required material

Chest with giant jenga blocks

Starting position

The jenga tower is set up with layers of 5 blocks, alternating horizontally and vertically per layer. All participants stand around the jenga tower.

1. You can decide to play as one team and try to get the tower as high as possible.
2. Two teams can also compete against each other. The team that makes the tower to fall loses the game.

Game play

- The team starts from the starting position – the game leader gives the signal to start
- Participants take turns, taking a block from the tower with one hand.
- Once they have removed the block, it is then placed on top of the tower (continue building).
- Then it is another participant's turn (from the other team, if you have two teams playing against each other).

Rules of the game

- No blocks may be taken from the top 2 layers of the tower.
- Participants may only use one hand to grab the block and place it on top.
- Each turn a block must be taken.
- Participants who are not taking their turn stand 1 meter away from the tower.

Role of game leader

- Supervision of the game rules.
- Adjustment of the gameplay / rules if too difficult.

Adjustment of gameplay/ rules of the game

- Easier: Give each team a block that they can use to push a block out of the tower.
- More difficult: The first block that is touched by a participant must be removed.

For any questions and/or uncertainties, please ask our outdoor staff!



Teambuilding activities

Instruction card – Tangram Oldebroek



Purpose

Solve the puzzle together with the team by making a total of 2 squares.

Required Material

- 2x tangram puzzle.

Starting position

The puzzle pieces are all mixed up in a pile.
The participants stand around the puzzle pieces.

Gameplay

- The team starts from the starting position – the game leader gives the signal to start.
- The participants try to solve the puzzle by completing a total of 2 squares.
- If necessary, the participants can split into small teams trying to make 1 square per team.

Rules of the game

- All puzzle pieces must be used.

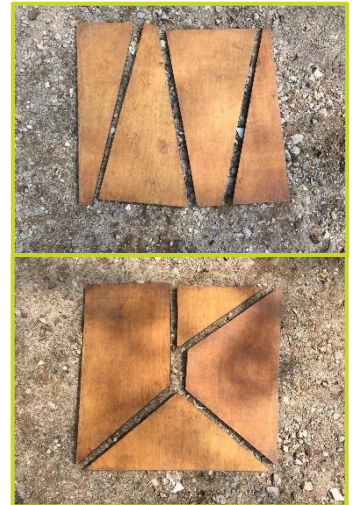
Role of the game leader

- Supervision of the game rules.
- Adjustment of the gameplay / rules if too difficult

Adjustment of gameplay / rules of the game

- Give a tip: Put one or more puzzle pieces in the right place (see photos).
- Place the puzzle pieces together per square and not mixed up (see photos).
- Have the group make 1 square instead of 2 squares.

For any questions and/or uncertainties, please ask our outdoor staff!



Please note: do not show photos to participants!

Teambuilding activities

Instruction card – String block



Purpose

Together with the team build a tower of blocks by picking them up with a wooden disk with all kinds of strings and a hook at the bottom.

Required Material

- Bag with string block.

Starting position

The wooden disk with hook lies at a central point with the strings spread apart (center point). The wooden blocks are spread out over a number of meters from each other in a circle around the center point. The participants stand in a circle near the blocks.



Gameplay

- The team starts from the starting position – the game leader gives the signal to start.
- The participants each grab one or more strings of the wooden disc at the end.
- With the hook on the wooden disk the participants try to pick up a wooden block (notch) and place it at the center.
- The participants continue by picking up the wood blocks and placing them in the center to stack on top of each other

Rules of the game

- All participants must hold the end of a string.
- The wooden disc with hook may not be grabbed by the participants.
- No knots may be made in the strings.

Role of game leader

- Supervision of the game rules.
- Adjustment of the gameplay / rules if too difficult.

Adjustment of gameplay / rules of the game

- Easier: Hold the string closer to the hook
- More difficult: Move the wooden blocks further away from the center.

For any questions and/or uncertainties, please ask our outdoor staff!

Teambuilding activities

Instruction card – Walking A



Purpose

Complete the course with your team with the walking A without the person standing in the middle of the A falling to the ground.

Required material

- Walkin A (equipped with ropes).
- Cones.

Starting position

A course is created with the cones placed in a line, spaced apart. The walking A lies on the ground in front of the first cone. The participants start from the first cone.



Gameplay

- The team starts from the starting position – the game leader gives the signal to start.
- The participants hold the 4 ropes by standing in a cross and put the walking A upright so that it remains standing.
- One of the participants stands in the walking A..
- The other participants try to make the walking A walk by gently pulling on the rope (step by step, you need to cooperate).
- When reaching a cone, participants can switch who stands in the walking A.
- Complete the entire course by reaching the last cone.

Rules of the game

- If the participant standing in the walking A falls to the ground, you start again at the last cone you passed.
- If you are going to place the walking A on the ground, make sure the participant is off and put the walking A down quietly.

Role of game leader

- Supervision of the game rules.
- Adjustment of the gameplay / rules if too difficult/easy.

Adjustment of gameplay/ rules of the game

- Easier: If the participant falls from A, he continues at that point (Don't go back to the cone).
- Easier: Make the course shorter by placing the cones closer together.
- More difficult: If the participant falls off the A, start at the starting point (1st cone).
- More difficult: Complete the course there and back.

For any questions and/or uncertainties, please ask our outdoor staff!