



Fostering Connections and Teamwork Through Fun!

TEAMBUILDING ACTIVITIES

3 Free Sample Activities

For Ages 8 through 80

**Purchase The Activity
Workbook Today!**

ACTIVITIES FEATURE:

- Easy-to-Lead Format
- Character Education Focus
- Facilitator Preparation Notes
- Activity Variations
- Discussion Questions

DESIGNED FOR:

- Teachers
- Trainers
- Camp Counselors
- Group Leaders

Tom Heck

Adapted from the Award-Winning
Games & Activity Guide CD-ROM



Project Connect Introduction

For the first time, the Toobeez program has been adapted as a useful teaching tool for utilization in schools and educational forums. Toobeez are a unique means of teaching academics, social skills, teamwork and problem solving. The activities developed with Toobeez are designed to challenge students to evaluate concepts from a practical point of view with hands-on learning opportunities.

Teachers can use Toobeez as an innovative tool to implement valuable activities in the classroom. The **Team Series** provides excellent resources and activities to lead meaningful teambuilding experiences with groups. The **Scholastic Series** of workbooks includes additional information on the current educational practices listed below and how the Toobeez scholastic workbooks address these practices.

Brain-based Research
Multiple Intelligence Theory
Differentiated Instruction
Problem Solving
Character Education Themes
Teambuilding & Connections with Others
Collaborative Hands-On Experience

The use of Toobeez in the classroom can play an important role in establishing connections between students, peers and teachers!

Sample lesson plans are located on pages 6 - 17.

(Please note: the “Activity Notes” and “Activity Variations” sections have been omitted)

Project Connect Materials

Project Connect is dedicated to providing cutting-edge teambuilding activities and academic tools for educators. These activities can be used for exciting educational days and can reinforce everyday moments with both youth and adults!

Project Connect offers the following products:

Toobeez

Toobeez are the incredible construction tubes used to build and create the activities for your group! A one-of-a-kind construction system, Toobeez give you the chance to "connect" as a group while engaging everybody in constructive play. Toobeez are a hands-on, easy-to-assemble and safe product that captivates the imagination of anyone who uses them. You can use them indoors or outdoors to hold a powerful learning experience anytime!



Activity Workbooks

The Toobeez workbooks include detailed lesson plans with safety reminders, helpful hints, procedures, debriefing questions, activity variations and more to build and develop the skills of your group. Other available workbooks include Math, Science, Language Arts, Physical Education, Occupational Therapy and Recreational Therapy.

Multimedia Training CD

This CD is based on the award-winning book by Tom Heck entitled *The Official Toobeez Team Building Games Activity Guide*. This CD contains all of the information found in the guide plus video clips, audio interviews and other special bonus features.



Award-Winning!



Tested in 2004 by multiple teachers with families, the Toobeez Interactive Family Edition has won a Teacher's Choice Award for 2005. The Interactive Family Edition is what you get when you combine a set of Toobeez with Tom Heck's book, *The Official Toobeez Teambuilding Games and Activity Guide*, and Multimedia Training CD.

Project Connect Training Opportunities

Project Connect offers two types of training workshops designed to help any type of group leader enhance their skills!

1. **Train-the-Trainer Workshop**
2. **TEAM Workshop**



Train-the-Trainer Workshop

This workshop is for you if:

- You are an educator looking for new ways of teaching team and leadership skills
- You like learning in a fast-paced and hands-on environment

What to expect

In the Train-the-Trainer workshop, you will learn how to lead activities that develop team and leadership skills. This workshop is fun, empowering and educational. It is also experiential, meaning you will learn by doing.

You will learn activities that promote trust and creative problem solving, as well as encourage purposeful and kind communication. You will experience physical activities, as well as activities which demand high cerebral skills. You will learn how to design everything from a five-minute icebreaker to a full two-day adventure. Depending on the length of the program you choose, you can even learn how to integrate the activities into an existing curriculum.



You will learn how to deliver important debriefing (processing) skills to learn how to draw out the genius of the group by asking thought-provoking questions. When a debriefing session is delivered properly, groups learn to own the information they generate from the teambuilding activities, providing them with a sense of empowerment, connectedness and success!



This is the perfect workshop for you if you are a:

- Classroom teacher
- School counselor
- Camp counselor
- Human Resources director
- Trainer or workshop presenter
- Therapeutic Recreation Specialist

TEAM Workshop

Together Everyone Achieves More

The TEAM workshop is for your team if you are ready to:

- Move quickly from a “good” team to a “great” team
- Have fun and be challenged in a dynamic learning environment
- Be treated with respect and dignity while leveraging the strengths of your group

Over the years, we have worked with thousands of people from all walks of life, including:

Business teams (from such industries as investing, communications, and insurance)

Non-profit organizations (such as YMCA, YWCA and Boys & Girls Clubs)

Educators (including public & private school teachers, school counselors, college students, college teaching staff and international students)

Alternative education programs
(including corrections officers, after-school programs and enrichment programs)



What to expect

In this workshop, you will participate in fun activities and engaging hands-on learning exercises to help your team address vital issues so it can move forward. This workshop focuses on where you are now as a group and where you are going.

For more information about attending or scheduling teambuilding training workshops, call:

1-877-TOOBEEZ

1-877-866-2339

Contact the following websites for more information:

www.project-connect.net

www.toobeez.com

www.teachmeteamwork.com

sample Activity 1

Longest Bridge

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Objectives

- Collaborate with team members to build the longest bridge possible
- Work cooperatively as a team
- Communicate and listen to the ideas of others
- Participate in a group conversation to process and evaluate the experience

Preparation

Time: 1 minute

Materials: 1 Toobeez set per team
rope or masking tape
chart paper (optional)

Setup:

1. Create one side of a pretend “riverbank” by laying down a long rope on the ground or by applying a piece of masking tape to the ground. This is the side of the river where each group will start building their bridge.

Character Focus

Cooperation

Activity Plan

Group Size: 2 - 5/team

Time: 15 – 45 minutes

Mental Intensity: 2

Physical Intensity: 1

Space: Lots

The Challenge

Build the longest bridge possible.

Safety Reminders!

Appropriate caution is important to conduct these activities in a safe manner. Be sure to review these reminders prior to beginning the activity, and if necessary, share reminders with the group during the activity.

- Follow general safety procedures

Helpful Hints!

- Do not rush this activity. Provide at least 15 minutes for the teams to build a bridge. When groups are rushed, they tend to build sloppy bridges that fall over
- Building bridges is a great metaphor for life. A bridge helps connect people and resources

Activity Instructions

1. Circle up the group, and share the following storyline.

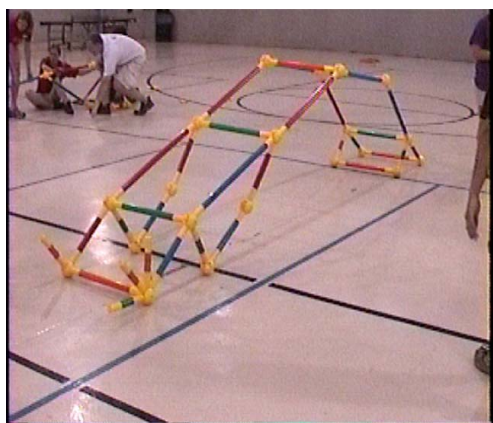
An eccentric billionaire has run the following ad in your local newspaper: “What our country needs are people with a vision. The vision must be bold and exciting in order to energize and motivate our community. I am looking for a team of people to create such a vision. To find the best team for the job, I have invented the following challenge. The team that builds the longest bridge (from where we are now to where we want to be) will win the challenge. This will prove to me that your team is the one to lead our community into the future.”

2. Read aloud the following Activity Challenge Box to the group.

Challenge: Build the longest bridge possible. Follow the guidelines below:

- The length of the bridge will be measured from the riverbank to the closest bridge support. The team with the greatest measurement wins
- Only the Toobeez can be used to construct the bridge
- The bridge must span from one riverbank (from the starting side) to a distance out from the riverbank
- The bridge must be perpendicular to the riverbank
- The bridge must be free-standing
- If any guidelines are broken, the group must begin again

3. To begin the activity, have the participants first work through the Problem-Solving Sequence (provided in the full version guide).
4. If participants get stuck, have the students circle up again. Use questions to help guide the group back on track, but do not provide the participants with answers. Allow them to work together.
5. If your group is still struggling OR if you feel your group would benefit from an additional challenge, present the variation provided on the next page.
6. After the activity, move to the “Activity Discussion and Processing” section of the activity.



Activity Discussion and Processing

Discussion Topic: Connecting with others

Building a bridge is the perfect metaphor for setting an intention (setting a goal and a vision) and then taking action to experience your intention.

Discussion Questions

- People build bridges to connect people and valuable resources (other people, places, things, etc.). What is a resource your team needs to experience a greater level of success?
- In this activity, your bridge-building supplies consisted of Toobeez. What supplies or resources do you need to experience a greater level of team success?
- Some people say, “Do not burn your bridges.” What do they mean by this?

Motivators

The following quotes all mention the word “bridge.” Read the quotes (one, some or all), and discuss them with your group.

- What are the authors of these quotes really saying?
- Why do they use the word “bridge?”

“We build too many walls and not enough bridges.” - *Isaac Newton (1642-1727), English mathematician and physicist; “Father of modern science”*

“Discipline is the bridge between goals and accomplishment.” - *Jim Rohn, author and speaker*

“Sometimes, if you stand on the bottom rail of a bridge and lean over to watch the river slipping slowly away beneath you, you will suddenly know everything there is to be known.” - *Winnie the Pooh*

“I am where I am because of the bridges that I crossed. Sojourner Truth was a bridge. Harriet Tubman was a bridge. Ida B. Wells was a bridge. Madame C.J. Walker was a bridge. Fannie Lou Hamer was a bridge.” - *Oprah Winfrey, American television personality, actress and producer*

sample Activity 2

The Cube

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Objectives

- Collaborate with team members to move through the cube in unique ways
- Communicate with the group to complete the activity
- Rely on group members
- Participate in a group conversation to process and evaluate the experience

Preparation

Time: 5 minutes

Materials: 1 Toobeez cube
5-gallon bucket
chart paper (optional)

Setup:

1. Create a cube using eight of the 36" tubes and eight of the 16" tubes to create four long tubes (refer to the photograph).
2. Balance the cube on the bucket as pictured.

Character Focus

Trust & Caring

Activity Plan

Group Size: 5 - 20

Time: 15 – 45 minutes

Mental Intensity: 2

Physical Intensity: 3

Space: Medium

The Challenge

The entire group must work as team to earn points by moving through the cube through unique pathways.

Safety Reminders!

Appropriate caution is important to conduct these activities in a safe manner. Be sure to review these reminders prior to beginning the activity, and if necessary, share reminders with the group during the activity.

- Proper spotting techniques must be reviewed prior to starting this challenge (refer to the “Safety Procedures” section in the guide)
- It is ideal to have cushions or pads placed under the Toobeez structure to minimize the effects of a fall
- All participants must be spotted as they travel through the cube
- If your group is not physically strong enough, mature enough and/or calm enough, do not attempt this activity

Helpful Hints!

- Some groups may want to practice passing people through the cube prior to actually starting. Note: Allowing the group to practice on the cube itself can take away some of the unknown aspects of the activity. Consider setting limitations on the practice (time, number of tries, etc.)

Activity Instructions

1. Circle up the group, and share the following storyline.

Your team is enrolled in a special NASA training program. The space agency is looking for a team of astronauts to send into space to fix an expensive satellite. The mission will require a team to work in close proximity to each other and the equipment. NASA has devised a challenge for your team that simulates the requirements of the actual space mission. The team must move in and around a model satellite without touching it. If you pass the test, your team will be awarded the real mission!

2. Read aloud the following Activity Challenge Box to the group (on the next page).

Challenge: The entire group must work as team to earn points by moving through the cube through unique pathways. Follow the guidelines below:

- Each team member must pass through the cube using a unique pathway. Once a pathway is used, that unique sequence of travel cannot be used again
- The cube may only be supported by the bucket base, and it may not fall over
- Anyone traveling through the cube must be spotted
- Participants may not jump or dive through cube pathways
- Team members may not be launched through the cube
- No additional equipment may be used
- The group **MUST** complete this activity in a safe manner or the activity will be stopped
- If any guidelines are broken, the group may be given a penalty (see Step #6)

3. Gather the team around the cube and explain the point system.
 - **One point** is earned when passing from a lower hole to a lower hole
 - **Two points** are earned when passing from a lower hole to an upper hole
 - **Three points** are earned when passing from an upper hole to an upper hole
4. To begin the activity, have the participants first work through the Problem-Solving Sequence (provided in the full version of the guide).
5. Be sure to monitor the group for safety as they attempt the activity.
6. If a touch occurs, choose one of the following penalties: A) everyone starts again, B) only one person has to travel back through, C) the group may not communicate verbally for five minutes, or D) a combination of these.



7. If participants get stuck, have the students circle up again. Use questions to help guide the group back on track, but do not provide the participants with answers. Allow them to work together.
8. If your group is still struggling OR if you feel your group would benefit from an additional challenge, present a variation provided below.
9. After the activity, move to the “Activity Discussion and Processing” section of the activity.

Activity Discussion and Processing

Discussion Topic: Trusting One Another

In this storyline, you were to imagine yourself as a team of astronauts in space working on a satellite. This would be a dangerous and challenging mission.

- Use your imagination. In what type of rescue mission would you like to see your team involved?
- What new skills would you need to learn to successfully complete the rescue mission?

Discussion Questions

- What role did trust play in this activity?
- Who did you trust?
- At what level did you trust them? Rate your team on a scale from 1 – 10 (where 1 means you do not trust them at all and 10 means you trust them a lot)

Motivator

In the storyline, you have an opportunity to be selected for a mission in outer space. Teachers throughout the ages have studied and written about our life’s mission. In the quotes below, the word “mission” is mentioned.

- What are these authors saying to you?

"To succeed in your **mission**, you must have single-minded devotion to your goal."

- *Abdul Kalam (born 1931), President of India*

“When you discover your **mission**, you will feel its demand. It will fill you with enthusiasm and a burning desire to get to work on it.” - *W. Clement Stone (1902-2002), American best-selling author and founder of Combined Insurance Co. (now a part of Aon Corp.)*

sample Activity

3

Channels



Objectives

- Collaborate with team members to create a channel to move the ball
- Communicate with team members
- Work cooperatively as a group
- Participate in a group conversation to process and evaluate the experience

Preparation

Time: 1 minute

Materials: 2 Toobeez tubes per person
1 Toobeez ball
1 bucket
chart paper (optional)

Setup:

1. Provide each person with two tubes of equal length.
2. Place a bucket a distance from where the group will set up.

Character Focus

Communication

Activity Plan

Group Size: 6 - 20

Time: 5 – 25 minutes

Mental Intensity: 1

Physical Intensity: 1

Space: Medium

The Challenge

The entire group must create a channel using the Toobeez to transport a ball into a bucket.

Safety Reminders!

Appropriate caution is important to conduct activities in a safe manner. Be sure to review these reminders prior to beginning the activity, and share reminders with the group if necessary.

- Follow general safety procedures

Helpful Hints!

- Encourage groups to start out moving slowly. The “leap frogging” requires timing, communication and focus
- Groups that rush can have an extremely difficult time with this activity

Activity Instructions

1. Circle up the group, and share the following storyline.

You are a team of disaster relief workers attempting to transport desperately needed food and medicine (in the shape of yellow balls) to a village that needs your help. Your team must find a workable solution for transporting the food and medicine over a great distance.

2. Read aloud the following Activity Challenge Box to the group.

Challenge: The entire group must create a channel using the Toobeez to transport a ball into a bucket. Follow the guidelines below:

- The ball may not touch anything other than the channels and the bucket
- The channels must remain in the air at all times
- When a ball is in your channel, your feet must remain still
- People may move when the ball is not in their channel
- The ball may not be touched once the activity has begun
- If any guidelines are broken, the group must begin again

3. To begin the activity, have participants first work through the Problem-Solving Sequence (provided in the full version guide).
4. The group will begin at an arbitrary starting point. Set a bucket approximately 30 feet from the group so the group must “leap frog” each other to successfully drop the ball in the bucket. The greater the distance, the harder the challenge.
5. If participants get stuck, have the students circle up again. Use questions to help guide the group back on track, but do not provide the participants with answers. Allow them to work together.
6. If your group is still struggling OR if you feel your group would benefit from an additional challenge, present a variation provided on the next page.
7. After the activity, move to the “Activity Discussion and Processing” section of the activity.

Activity Discussion and Processing

Discussion Topic: Communication

In this activity, you were attempting to get the ball(s) to “flow” from one point to another.

- Describe the skills you used to make the ball flow easily from one point to another
- Can you use these same skills to help things flow in your group? How?
- What would you like to have flow easier in your group? (Ideas, money, leadership, kindness, etc.)

Discussion Topic: Disaster

If appropriate, discuss disaster relief with your group.

- What is a “disaster?” How is it different than any other kind of tragedy?
- Has anyone ever come to the aid of someone who has experienced some kind of disaster? How? What did it feel like to help? What was the response of the person/people receiving the help?
- Other than basic living necessities such as medical attention, food, shelter, water and clothing, what do people who have experienced a disaster also need?
- What skills can you bring to a real disaster relief situation? Would you like to learn new skills that you could use in a disaster relief situation? If yes, what kind of skills?

Motivator

In the storyline, your team is involved in disaster relief. In the following quotes, disaster is mentioned. Discuss the message these authors are trying to communicate to you.

"Happiness and strength endure only in the absence of hate. To hate alone is the road to **disaster**. To love is the road to strength. To love in spite of all is the secret of greatness. And may very well be the greatest secret in this universe." - L. Ron Hubbard (1911-1986), *American science-fiction writer and novelist*

"I always tried to turn every **disaster** into an opportunity." - John D. Rockefeller (1839-1937), *American industrialist and philanthropist; founder of the Standard Oil Company*