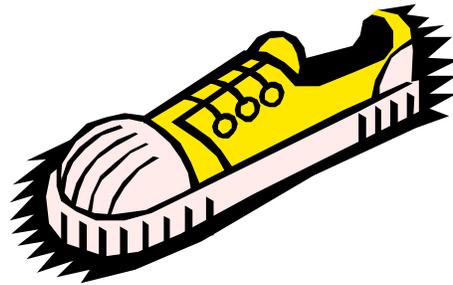


Team Building Games on a Shoestring



**How To Use Two Normal Shoestrings to Lead 8
Fun and Engaging Team Building Activities**

Tom Heck

Teamwork Coach

www.teachmeteamwork.com

This is your team building kit



One package containing two shoestrings
measuring 54 inches each.

Total Cost: \$0.99 at Kmart or WalMart



Introduction

Have you ever found yourself in a situation where you need to facilitate a quick and easy to lead team building game?

With this activity guide and a pair of shoelaces, you'll be ready to lead a team building game wherever you are!

My name is Tom Heck and I've traveled extensively teaching leaders how to help teams. I now share the strategies, tactics and tools I've learned at my multimedia training website TeachMeTeamwork.com.



Tom Heck
Teamwork Coach

Some of my credentials include:

- Through my online training program (www.teachmeteamwork.com) I teach trainers, educators and coaches in 101 countries how to lead team building games to build teams, develop leaders, accelerate learning and enhance connection.
- I've lead hundreds of workshops and worked with thousands of people from virtually all walks of life.
- I've invented and licensed over 20 teambuilding games that are sold worldwide.
- I've published several team building games books.
- I've developed multi-media training CDs that teach teambuilding games. My CDs are used by trainers, educators and coaches throughout the world.

- I'm a highly-trained coach, having participated in thousands of hours of training, and I share all I've learned so that you can more effectively help the people you serve.
- I've been identified by leaders in the field of experiential education as one of the most creative forces in the industry and have been called a "master teacher" and leader of teambuilding games.

Through this activity guide I'll show you how to lead 8 fun and engaging activities that promote team skills, develop community and enhance connection.

A Leadership Note

Lead all of the activities found in this activity guide in such a manner that the participants understand they have choice as to whether they participate or not. Encourage each person to communicate their comfort level with the activity and to join in at the level they choose (full, partial, none) rather than be coerced into participation.

These activities are wonderful and they can help create a positive shift for your group. And yet, the most important thing to remember is this: what you will end up teaching your group is WHO YOU ARE. In other words, if an un-centered person whose primary operating emotion is fear (rather than love) leads the activities in this guide, it won't make any difference how cool or unique the activity is because the primary message communicated to the group will be: "I am a fearful person".

You must develop who you are as a leader because who you are will be the first message you send to your group (and there's no way of avoiding this). To be a

highly effective leader and team facilitator you must dedicate yourself to personal development. A practical place to start on your path of personal development is the **Personal Foundation For Leaders Program** offered through www.teachmeteamwork.com

The activities at TeachMeTeamwork.com can be done just for fun without going into a discussion about what was learned. However, it's my hope that you will use the activities to create opportunities for dialogue. Suggestions for starting a conversation (a "debrief") are offered in each description. The key to learning through experiential teambuilding exercises is the combination of activity PLUS discussion. I offer convenient and easy to attend TeleSeminars (live seminars delivered by telephone conference calls) where you can learn to become a highly effective leader and facilitator of teams. Learn more at www.teachmeteamwork.com

Challenge and adventure activities can present elements of physical and emotional risk. The information presented in this activity guide is for your reference, and you are ultimately responsible for judging the suitability of an activity and safely supervising the activity.

The publisher of this document assumes no responsibility or liability for the use of the information presented in this guide. This includes errors due to misprinting or omission of detail.

No single source of adventure based experiential education can substitute for practical experience and education. While this activity guide serves as an introduction to the use of adventure based experiential learning, it is only an

introduction. Studying the material in this activity guide is no substitute for professional training. You can find professional training at www.teachmeteamwork.com

Enjoy!

Tom Heck

Teamwork Coach

www.teachmeteamwork.com

PS Remember, you can find lots of other free teambuilding games and resources at TeachMeTeamwork.com. For example...

Free Teambuilding Games

[CLICK HERE](#) for a free teambuilding game that will help a group explore the nuances of building consensus.

Free Audio Interviews with Team & Leadership Masters

[CLICK HERE](#) for a free audio interview with Stephen M.R. Covey where he shares the secrets of “The Speed of Trust”

Free Articles on Team Theory

[CLICK HERE](#) for a free article entitled “Is The Team Your Coaching Ready To Evolve?”

Activity # 1

Hole in Space

Teambuilding Game

Group Size: 10 – 20

Age Range: high school – adult

Intensity: Mental=2, Physical=3

Time: 20 – 30 minutes (without debrief)

Space: Minimal – Medium -- Lots

Set Up Time: 60 seconds

Props: two shoestrings



Challenge

Each group member must pass through a hole in space.

Setup / Preparation

1. Safety first (see “Safety” section below). Make sure your group is ready for a challenging activity requiring lifting teammates. Teach how to lift people safely.
2. Tie two shoestrings together to form a circle.
3. Two people hold the circle to create a square that is vertical to the ground. The square’s bottom edge should be approximately 3 to 4 feet off the ground.
4. Divide the group in half, sending one half to one side of the Hole In Space and the other half to the other side of the Hole In Space.

5. Have the group pass each person through the hole in space in such a way that each small group ends up on the opposite side of the hole. (refer to the figure)

Rules

1. No one may touch the shoestrings other than the two people holding the shoestrings. If someone touches the shoestrings apply an appropriate penalty (only that person goes back, everyone goes back, two go back, etc.)
2. No other equipment or tools may be used to help in the process (no tables, chairs, etc.)
3. Jumping through or launching someone through the hole is forbidden.

Safety

It's important to teach proper spotting techniques prior to giving the group this challenge. Do not allow participants to hit their head or spine on the ground. This is very important. Do not attempt this activity if your group is not strong enough (physically), mature enough and/or calm enough, Consider attempting this challenge over a soft grassy area; if indoors, over carpet with padding under it.

Comments

A high degree of trust is required to complete this challenge. This challenge is best left for a group that is fairly advanced as far as maturity and their ability to safely care for each other.

Debriefing Suggestions

1. Who in your life lifts you up and helps you out during difficult and challenging times?
2. Which did you prefer, to lift people or be lifted?

Variations

1. To make things more difficult, allow verbal communication only during the planning phase but not during the execution phase.
2. Make the hole smaller.

History

The Hole In Space activity is a variation of the Spider's Web activity originally described in a book by Karl Rhonke entitled "Silver Bullets".

A Thought for You

If you would lift me up you must be on higher ground.

Ralph Waldo Emerson

American Poet, Lecturer, and Essayist 1803 - 1882



Activity # 2:

Geometry Teambuilding Game

Group Size: 6 - 10

Age Range: elementary – adult

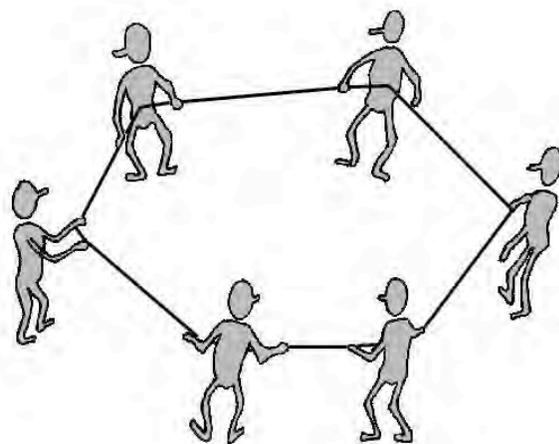
Intensity: Mental=2, Physical=1

Time: 5 – 10 minutes (without debrief)

Space: Minimal – Medium -- Lots

Set Up Time: 60 seconds

Props: Two shoestrings



Challenge

The group must create assigned geometric shapes.

Setup / Preparation

1. Tie 2 shoestrings together to form a circle.
2. All group members hold onto the circle with both hands.
3. The group is then asked to form an equilateral triangle (all sides equal).

Rules

1. No one may use verbal communication during this activity.
2. Everyone must hold onto the shoestring circle with both hands for the entire activity. Letting go of the shoestring circle, even for a moment is not permitted.

Comments

1. One variation of this activity requires the participants to close their eyes. Some people ask me if it's OK to use blindfolds. I'm not an advocate of using blindfolds. If someone feels the need to take a peek, so be it. I would rather the person feel secure in the knowledge that they can be instantly reassured by opening their eyes.
2. Younger people (under age 10) will likely have a challenging time making a triangle with no verbal communication and their eyes open.

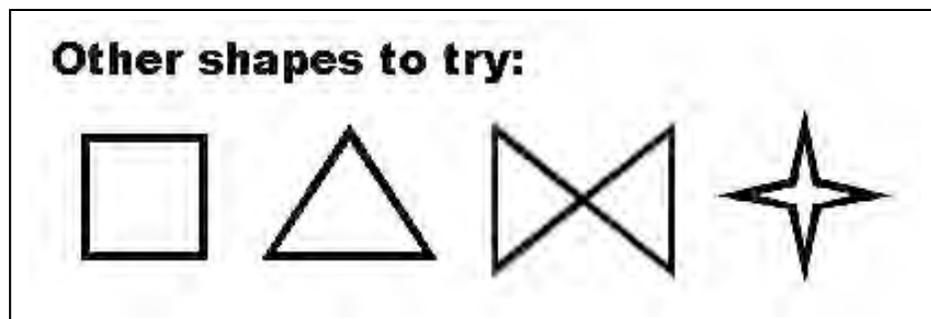
Debriefing

I few years back I suggested this activity to a friend who was leading a teambuilding event for a group of 20 college students who were preparing to travel to South America to do a large and challenging service project. My friend said the group was working well together and needed a challenge that would bring out leadership issues when things didn't go as planned. My friend presented the group with this interesting twist - - she had the group stand behind a "start" line and then placed a loop (made out of 100 feet of small diameter rope) fifty feet beyond the start line. The 100 feet of loop was piled up. The group was then asked to travel out as a group to form a perfect square out of the rope with this stipulation...once the group crossed the start line, they must keep their eyes closed. The group worked well to make a plan and they all agreed on it and then stepped out toward the rope together, with eyes closed. While they were headed toward the rope, the facilitator moved it to an entirely different location. The group reached the point where they thought the rope should be, and yet it wasn't there. The group became frustrated. After much effort, they made a second plan to find the rope (all with eyes closed). They eventually found

the rope and then had to make the geometric shape. During the debrief, the group discussed how the activity was a good lesson for them in preparation for their trip. They knew they would encounter challenges that would test the group regardless of how much planning they would do ahead of time. They discussed a plan of action for how they would react to such situations during the trip.

Variations

1. For the second shape, ask the group to form an equilateral triangle. They can talk, but they can't open their eyes. They must hold on to the Group Loop with both hands throughout. The group can open their eyes once they are in agreement as to whether they have made the shape successfully.



2. If you have a large group, divide into teams of 12 people each then give each group their own Group Loop
3. Use a 100-foot section of rope with LOTS of people holding on trying to form a geometric shape. This variation is best done *after* the small groups have had success forming shapes. Make sure you tie a VERY SECURE knot.

History

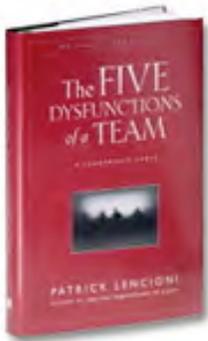
I learned this activity while working at the Camp Woodson program

A Thought For You

We are shaped and fashioned by what we love.

Johann Wolfgang von Goethe,

German playwright, poet, novelist 1749-1832



Do you know the must read book by Patrick Lencioni entitled “The Five Dysfunctions of a Team”? It’s a NY Times bestseller and this book could change the way you work with teams.

One of the most popular TeleSeminars I’ve offered is based on this book. I taught people from around the world how to use fun and engaging experiential teambuilding games to reinforce the lessons in the book. And here’s the good news, I recorded the call and made a special “Student Only Area” where you can login to access the recording (mp3) and all the class notes and video clips right now.

**CLICK HERE
to learn more**

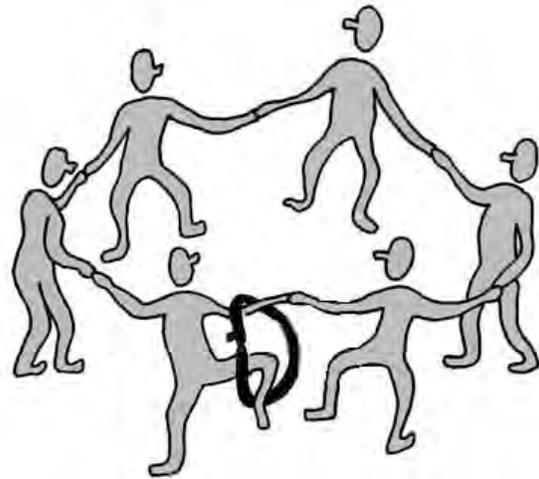
<http://tinyurl.com/plqof>

Activity # 3:

Pass The Circle

Teambuilding Game

Group Size: 6 - 15
Age Range: elementary – adult
Intensity: Mental=2, Physical=1
Time: 5 – 10 minutes (without debrief)
Space: Minimal – Medium -- Lots
Set Up Time: 60 seconds
Props: Two shoestrings



Challenge

Pass the shoestring circle around the circle of people, getting the shoestring circle back to the starting spot as quickly as possible.

Setup / Preparation

1. Tie two shoestrings together to form a circle.
2. Have the group stand in a circle and hold hands. Then have one pair of people release hands reach through the shoestring circle and then re-connect hands.

Rules

1. The shoestring circle must travel in a clockwise direction and return to the initial starting position.
2. No letting go of hands.

3. Team members must stay in one location while the shoestring circle moves around the circle.

Safety

1. Remove glasses prior to playing (they might fall off and break).
2. Remove high heels.

Comments

1. This activity will often times get a group laughing as they watch each person pass through the shoestring circle (loop).
2. This is not a good activity for people who are obese or who have difficulty balancing.

Debriefing Suggestions

The shoestring loop in this activity could metaphorically represent a hoop or hoops people jump through on a regular basis (for one reason or another). What are actual hoops in your life that you have jumped through? Are hoops good or bad? Do some people have more to deal with than others? If so, why? What hoops would you add/remove to your life if you could?

Variations

Time the group as they pass the shoestring circle to see how long it takes them to get it all the way around. Allow another attempt to break that record.

History

I first learned a variation on this game while working at the Camp Woodson program. We used a Hoola Hoop to pass around instead of a shoestring tied in a circle. The Hoola Hoop seemed to always be bent and it was awkward to transport which is why I started using a piece of rope or shoestring.

A Thought For You

The next best thing to being wise oneself is to live in a circle of those who are.

C.S. Lewis

British Scholar and Novelist 1898 - 1963



Do you work with Virtual Teams?

Many who run Virtual Team meetings report it feels like “running through tar”.

I have a resource that you can access right now that will help you learn how to run virtual team meetings.

Reduce the stress involved with running virtual team meetings while boosting team effectiveness.

I was told the recorded TeleSeminar and accompanying class notes is the best primer on how to run virtual team meetings.

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to learn more**

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Activity # 4:

All Aboard

Teambuilding Game

Group Size 6-15

Age Range: elementary school – adult

Intensity: Mental=1, Physical=1

Time: 5-10 minutes without debrief

Space: Minimal – Medium -- Lots

Set Up Time: 60 seconds

Props: Two shoestrings

Objective

The entire group must fit inside the circle on the ground formed by the two shoestrings.

Set Up / Preparation

1. Tie the two shoestrings into a circle shape.
2. Lay the circle on the ground and ask the group to stand inside the circle.
3. Once the group completes this, make the loop smaller and smaller with each consecutive attempt.

Rules

1. Everyone must be touching the ground inside the circle in some way.
2. The group must stay inside the circle for the length of time it takes them to sing one round of the song “Row, Row, Row Your Boat.”



3. During the song, no one can touch the the ground outside the circle.
Should anyone violate this rule, the group must retry that attempt.

Safety

This activity will require the group to be calm, responsible and mature. Do not allow the group to fall over in such a way as to injure a group member. If your group is not ready for this activity, don't do it.

Comments

As the size of the loop gets smaller, the group usually goes through a period where they don't believe they can fit in such a small area (*"This is impossible!" you'll hear them exclaim*). It's only through creative thinking and hard work that the group is able to solve this challenge.

Debriefing

1. I like to use this activity to lead into a discussion about what's "impossible". When something is viewed as impossible, it's usually because of the limiting beliefs someone holds. An example of this might include beliefs from several centuries ago that held that the world is flat. Another might include the old belief that the earth is the center of the universe. If you were to tell someone during the early 1800's that people would be able to communicate with each other around the world instantaneously (by telephone) or that we will fly to the moon and come back, you would have been laughed at.

2. Often times, the only thing that limits us is our beliefs. If a person believes something is possible, they will take different action than if they believe it's impossible.
3. What did the group have to believe in order to be successful?
4. This is a great activity to discuss the concept of *failure*. As the group solves each challenge, I will oftentimes make the circle even smaller AND I will give them a time limit in which to complete the activity successfully (ex. 5 minutes). The group will get to a point where the challenge is greater than their ability to solve it in the given amount of time. I will ask them if their inability to solve it means they're a failure. From this point, we can discuss the definition of failure.
5. You'll likely find that some people in the group have rules for themselves that make failure easy to achieve (*"In order for me to fail, all I have to know is that I didn't complete a task."*). Others in the group will have rules that make failure hard to achieve (*"In order for me to fail, I must not learn anything. As long as I learn something, I have succeeded."*). Which rules around failure serve you best?
6. Interesting point: Babe Ruth, the famous baseball home run hitter and hall of famer also held a record for having the most strike outs in a season.

Variations

1. Instead of providing the group with a large circle area in which to stand that progressively becomes smaller and smaller, provide the group with a small area from the beginning.
2. While the group is in one of the smaller spaces, provide the group with a snack to eat that requires some preparation (crackers with peanut butter and jelly works well).

History

Karl Rohnke provided a description of this activity in his book “Silver Bullets” published in 1984.

Are you a trainer?

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Activity # 5:

Crossover

Teambuilding Game

Group Size 8-30 people
Age Range: middle school – adult
Intensity: Mental=2, Physical=2
Time: 10-30 minutes
Space: Minimal – Medium -- Lots
Set Up Time: 1 minute
Props: Two shoe strings



Objective

Team members must move from one side of a circle to the other as quickly as possible.

Setup / Preparation

1. Tie the two shoestrings into a circle.
2. Place the circle on the ground in the center of the group.
3. Join hands and stretch the group in a circle around the circle (everyone is evenly spaced).

Rules

1. You must change places with the person directly across from you in the circle.
2. You and your crossing partner must both step into the circle at the same time as you cross to the other side.

3. You may not touch anyone at any time during this activity (includes clothing).
4. Group members may not reposition themselves once the activity has begun.
5. If you have an odd number in your group, create a team of 3 who must change with each other (following the normal rules).

Safety

Some people may want to run in this activity, which might be dangerous if they hit someone head on. If you suspect your group might create a head-on collision, don't do this activity.

Comments

This is a deceptively simple looking activity...until you try it. If you have a group of 10 doing this activity it is relatively simple. If you have a group of 30, watch out! It's very hard, mostly because a group that size has greater difficulty sharing ideas.

Debriefing

Because this activity asks the group to look for ways to continually improve, that opens the door for conversations around continuous improvement back in the "real world". What insights on continuous improvement did you gain from your participation in this activity?

Variations

Time the attempts, set a record and break it.

History

I learned this activity from master team games facilitator Earl Davis.

Activity # 6:

Bus Stop

Teambuilding Game

Group Size: 3 – 50 people
Age Range: elementary school – adult
Intensity: Mental=1, Physical=2-3
Time: 5-10 minutes (without debrief)
Space: Minimal – Medium -- Lots
Set Up Time: 60 seconds
Props: Two shoestrings



Objective

Group members make choices (express their opinions) in front of other people by getting on and off an imaginary bus.



Setup / Preparation

1. Create an imaginary bus by laying the two shoestrings on the ground and in a parallel formation. The two shoestrings should be 15 – 20 feet apart.
2. Ask the group to stand inbetween the two shoestrings and face you (see top photo).

3. The facilitator is the bus driver and is standing at the front of the bus and faces the passengers. Word pairs are read out by the bus driver (refer to list) and as the driver reads them, points to one side of the webbing (bus) and the other. The passengers get off the bus on the side they most associate with at that time. For example; the bus driver says “TALK (*pointing to the left side of the webbing*) and LISTEN (*points to the right side of the webbing*)”.
4. Group members walk to the side of the bus (shoestring) they most associate with.
5. Pause and allow the two groups to see who chose what. Then the bus driver says “Back on the bus!” and everyone steps back on - - standing in between the two shoestrings.
6. The next word pair is given and the passengers make their selections. The process is repeated several times.

Potential Word Pair Choices to offer the group

Day Time	Night Time
Spend Money	Save Money
Shark	Dolphin
Choc. Cake	Choc. Ice Cream
Run	Walk
One Friend	Many Friends
Triangle	Square
Deep Sea Diving	Sky Diving
Something New	Something Old
Art Class	Math Class
Little Kid	Big Kid
Read	Watch

Rules

Passengers must get off the bus when a stop is made (you must make a choice).

Comments

I like to lead this activity at the beginning of a program so I can quickly and easily learn about the group.

Debriefing

I use this activity to lead into a discussion about the power of making a real choice. I believe that great teams do not achieve success (consistently) through luck. Long-term success is achieved through the choices we make both as individuals and as a team. Sometimes we make choices consciously and sometimes we make choices without much thought at all. The choices we make on a daily basis create what is known as destiny. By becoming aware of our choices, we can decide whether they serve us or not. Each choice we make leads us either closer to or further from our life's mission or purpose.

Variations

Have participants think of word pairs that would challenge the group and then take over as the bus driver.

History

I was taught this activity by my friend Jeff Long.

A Thought For You

Character is the sum and total of a person's choices.

P.B. Fitzgerald

Activity # 7:

Infinite Loops

Teambuilding Game

Group Size: Any size group - - people work in pairs

Age Range: Elementary – adult

Intensity: Mental=3, Physical=1

Time: 15 – 60 minutes

Space: Minimal

Set Up Time: 60 seconds

Props: Two shoestrings for each pair

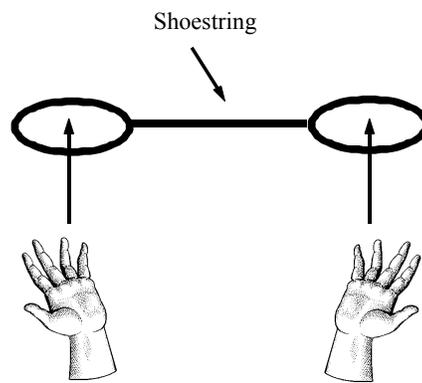


Objective

Become disconnected from your partner.

Set Up / Preparation

1. Tie a loop in the end of each shoestring. The loop needs to be just large enough for someone to stick their hand through.
2. Each person is issued one shoestring
3. Get a partner.
4. Pass your hands through the loops of your shoestring section so that you and your partner are connected by your ropes. Refer to the color photo above.



Rules

1. Your wrist loops must stay on your wrists throughout the entire activity.
2. The shoestring may not be cut (in any manner).
3. The knots may not be untied.
4. If partners get tangled up it's allowable to take hands out of the wrist loops and start all over again.



Solved!

Comments

1. A great activity to lead with small groups (2 to 4 people) or large groups (400 people). This will get people working closely together and you'll usually hear lots of laughter as people contort themselves into all kinds of positions as they try to solve this human size puzzle.
2. This is a great activity to travel with because it's so small. This could even be done by two people sitting next to each other in a van or bus (they must stay seated and wear a seat belt for safety!).
3. I've led this activity with very large groups (200+) and it works great if you have a projector (example: Power Point) that can show the two initial "start" and "finish" photos. Watching 200 people trying to solve this is amazing.
4. This can be a great activity to lead after doing a series of icebreakers. I've also found it useful to use after a lunch break in a workshop - - as people return I hand out the shoestring loops and have the directions projected on a screen. It's an effective way to get everyone's head and body back into the workshop.

5. Cool Story: In the spring of 2002 a non-profit youth serving agency called Project Steam asked me to lead a teambuilding exercise with 1500 people who would be sitting in 14 different United Artist Movie Theatres located across the country. Project Steam, an award winning program for youth, would be unveiling plans for a national expansion through a 90 minute program delivered live via satellite. Steam teaches life skills through teambuilding exercises and my job was to give the people sitting in the theatres a hands-on experience of what the kids do weekly. Before the event we made hundreds of Infinite Loops and shipped them out to the theatres where they were packed in with the Steam promotional material. On the day of the live broadcast (it took place at a TV station) I was given 5 minutes to lead the activity with hundreds of people I couldn't even see. It went off without a hitch!

Debriefing

I remember using this activity with a group of gang-involved kids in San Francisco. They were involved in a program designed to help get them out of the gang. For many of the kids they didn't see a way out of their problems. To them, it was an unsolvable problem. I used the Infinite Loops activity to demonstrate that just because a problem appears unsolvable doesn't necessarily mean that is the case. After the kids solved the Infinite Loops activity we talked about how the solution to the activity might hold some truths for them in regards to their desire to exit the gang life. This proved a very effective metaphor for the kids.

Variations

1. Instead of placing your hands through the loops, place your feet through the loops.
2. Each person is supplied with 2 sets of Infinite Loops – placing one on their hands and the other on their feet.

History

I first learned this activity from master team builder Betsy Hipple. It was also described in one of Karl Rhonke's great books on team building games.

A Thought For You

Finite to fail, but infinite to venture.

Emily Dickinson

American Poet 1830 – 1886



Assessments For Teams

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to learn more
about assessments for teams

<http://tinyurl.com/2thpq5>

Solution to Infinite Loops

Figure #1



Figure #2



Figure #3



Figure #4



Figure #5



Activity # 8:

Hidden Numbers

Teambuilding Game

Group Size: 5 - 40

Age Range: Elementary School – adult

Intensity: Mental=3/3, Physical=1/3

Time: 5 minutes (without debrief)

Space: Minimal – Medium -- Lots

Set Up Time: 20 seconds

Props: A shoelace

Objective

Participants must solve the puzzle
by discovering the hidden numbers.



Set Up / Preparation

1. Begin by kneeling down on the ground with the group in a semi-circle facing you. Announce to the group that you are about to show them a number between zero and 10. Then place one shoestring on the ground in any shape at all.
2. You should use some theatrics here by acting like you are trying to make a particular shape (in reality the shape makes no difference to what you're really doing but the group begins to think it does).
3. After you've arranged the shoestring on the ground, place your hands on your thighs then ask "What number is this?" The group will look at the shape you've created with the shoestring and make a guess. Ask for a couple of answers, then tell them the answer.

4. HERE'S THE TRICK: You must show the "number" with your fingers, which are on your thighs. If the number is 10, then you keep 10 fingers out. If the number is zero then you keep two fists on your thighs. If the number is 7, then you would have five fingers on one hand and 2 on the other hand with the "extras" folded under.
5. After the first guess by the group, make another design with the shoestring on the floor. You can even act like you are making a pattern if you want. This only serves to distract people further. When done with the design, place your hands on your thighs again and ask "What number is this?" If the group is slow to pick up on it, confirm that the "number is right in front of you."
6. If the group has a very difficult time solving this puzzle, tell them you will make it more obvious as to what the number is. After fiddling around with the shoestring, REALLY emphasize putting your fingers on your thighs (being somewhat theatrical). You may even wiggle your fingers so that people will notice them. If they still don't get it, take the shoestring away and ask the group "what number is this?" while emphasizing your fingers.

Rules

There are no real rules for this game. The setup is the important thing (see above).

Comments

It's possible that someone in your group knows the answer to this activity before you even start (i.e. someone has played it before). If I suspect this, I'll make an announcement that goes something like "If you've experienced

the activity I'm about to lead, please keep your responses to yourself and stealthfully observe your teammates.”

Debriefing Suggestions

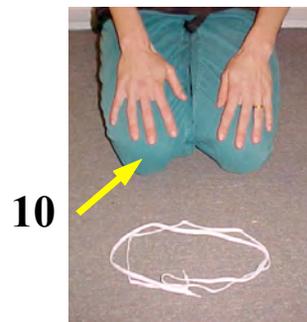
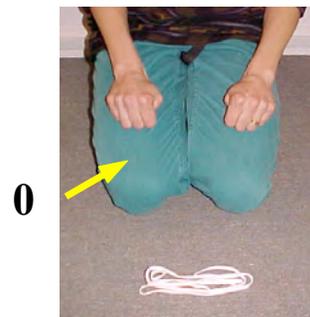
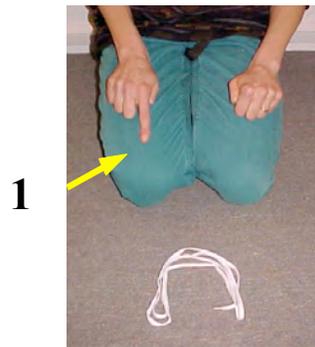
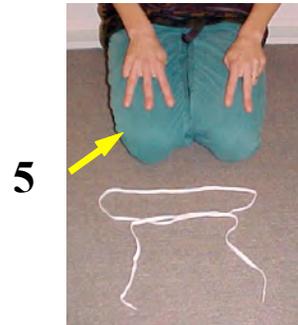
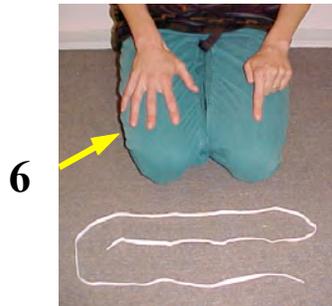
Oftentimes in life the solution to a problem is right in front of us but we don't see it because we allow ourselves to become distracted by extraneous information. In this case, the shoestring acts as a distraction. People tend to focus so intently on the string that they block out all other useful information. Some people will even argue that you were not showing the numbers with your fingers the entire time (when you really were). Are there any problems you're faced with right now that have an easy solution that you're not allowing yourself to see? What is it that distracts us as a team? What will cause us to gain clarity? What will change when we gain clarity?

Variations

When I don't have a string for this activity I like to use four or five pens to “distract” the group. The idea is the same, simply move the pens in some kind of geometric way, acting as if the pen moving is the source of the information.

History

I learned this activity from Karl Rohnke, author of the famous team building games book “Silver Bullets” among others.





Tom Heck
Teamwork Coach

Hello! I'm Tom Heck and I hope you've found this free teambuilding games e-book useful.

I'm passionate about creating sustainable win-win team consciousness worldwide. I believe the fastest, easiest way to creating this level of consciousness is through experiential learning exercises like the ones I've shared in this e-book

If you find this resource helpful, you'll definitely want to check out my multi-media training CDs.

Each CD is filled with over 30 teambuilding games designed to teach the skills of leadership, cooperation, trust, creativity, communication, and confidence.

The CDs contains video clips, color photos, detailed printable directions, easy and quick navigation, and special bonus material. They are used by people around the world.

Is **TRUST** an issue on your team? I've found the most potent teachings about trust to be experienced through an activity called "Mousetrap Trust." It's a powerful game that helps create an opening for you to discuss how to build trust between people. Find it on CD # 1

Does your team struggle with **COLLABORATION**? I love teaching the principles of collaboration through the game I call "Four Corner Traverse". There is only one way for a team to achieve success in this game and that's by collaborating. Find it on CD # 2

Are you in need of new and engaging ways to **DEBRIEF** an activity? I recommend the "Metaphor Cards" activity to help people open up to new ways of thinking about and learning from the teambuilding games you lead. Find it on CD # 3

Special Offer

For a limited time, you can get all 3 multimedia teambuilding games training CDs for \$99 (a savings of \$20).

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