

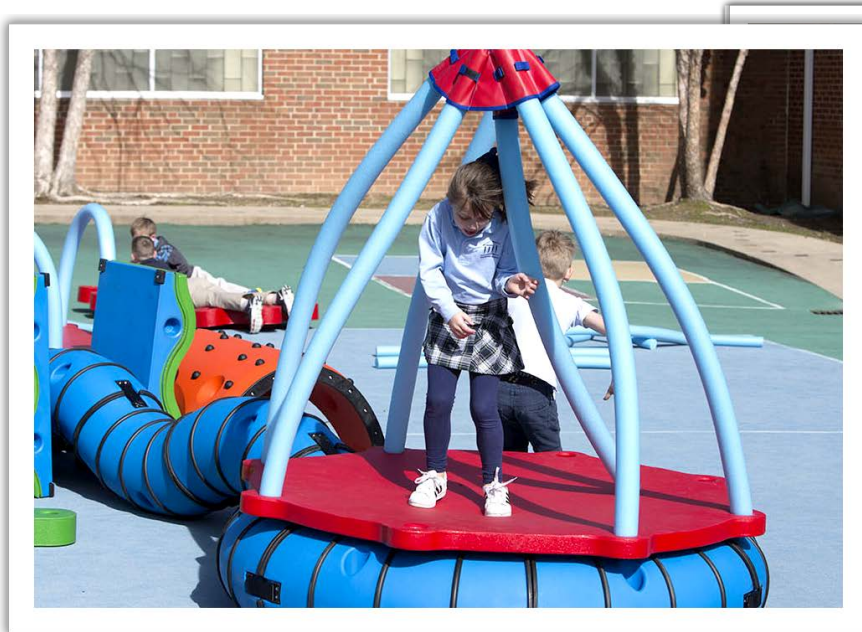


# TEAM BUILDING

“ Let’s be the first to go ”  
around the loop without falling.



“ The biggest person ”  
needs to be in the middle.





## Play Inspiration:

Children work together to create their own team building exercise. (ex. step sideways around the entire loop without any of your teammates falling off, try to be the first team to get all your members on one bump and count to 20, etc.).

## Benefits:

- Increase self-esteem, cooperative team work, and social interaction between peers.
- Promote problem solving and critical thinking skills.
- Encourage listening and effective communication of thoughts and ideas.
- Promote physical activity, body awareness, locomotor skills, endurance, balance, and flexibility.

## Materials:

- Snug equipment

## Extensions:

- Include timing and/or scoring.
- Discuss the design on the equipment and what makes certain pieces more challenging than others to complete the activities.
- Discuss what strategies the team members used to accomplish the activity.
- Children work together to get each team member to the other side of the play space without touching the ground by moving the pad, bump, or wave to help each member get to the other side.

## Content Connections:

- Physical Education
- Language Arts
- Creative Arts