



Examples of Terrapin Adventure's Team Building Goals and Exercises

At Terrapin Adventures, our games and exercises are all about developing and improving relationships. We strive to create some “aha” moments for participants as they learn, laugh, and share. Often, groups learn more when they fail as we debrief each exercise asking participants:

1. How did it go?
2. What would you do differently?
3. How does this apply to your work and personal life?

Objective: Break The Ice

TA Exercise: Knee Tag. Participants play an elimination tag game to get people moving and having fun.

TA Exercise: Hula Hoop Pass. Participant in a circle holding hands must pass a hula-hoop between people without letting go. This loosens people up and breaks some personal space boundaries.

Objective: Getting To Know Each Other Better

TA Exercise: Dance Machine. Participants must introduce themselves, and share something about themselves that is not known. Then they must share their dance move, which the other participants must replicate.

Objective: Building Confidence in Self and Your Team

TA Exercise Conquer Your Fear of Heights: Taking on one, two or all three levels of the high ropes challenge course to conquer ones fear and anxiety. For a group confidence, small teams belay one member up the climbing tower. For added challenge, we sometimes blindfold one of the participants so they have to communicate clearly and trust their fellow participants.

Objective: To Communicate Clearly And Understand The Nuances of Verbal And Non-Verbal Communication

TA Exercise: Toss A Name

Standing in a circle, participants must toss soft objects around the circle in a specific order. Participants learn how to provide verbal and non-verbal communication.

Objective: Learning How To Focus And Be Productive In A Chaotic/Stressful Environment

TA Exercise: Whichit-Whosit

Participants must pass objects around a circle keeping the message clear.

Objective: Learn How To Lead, Listen and Follow

TA Exercise: Rear View Mirror

Involves three different participants.

1. Seeker (Staff Member) - A person that cannot see or talk but is looking for an object and/or will make or do something with the objects
2. Talker (Middle Manager)- has back to seeker but can talk and see
3. Directors (Sr. Executives) - Cannot talk but can see the seeker and must convey plan to talker.



The directors communicate to the talker non-verbally. The talker is taking that information and telling the seeker where to go & what to do. The seeker is listening to the talker and trying execute the instructions. The object is to clearly communicate the goals and objectives. This game is to mimic what happens in the workplace when communication is not perfect between work groups or people are not in same physical space. The focus is to emphasize how important clear communication is and how the workers are dependent on each other to execute an order and produce quality output. This exercise can help demonstrate the importance of clear communication up and down the chain of command.

Objective: Be Open To Other Points of View

TA Exercise: Bull Ring

The group must lift an object in the center of a ring attached with string and move it to another location. However, because of their physical location, everyone has a different point of view and needs to share and accept that things look different depending on your vantage point. This develops cooperation and emphasizes equality in the work process.

Objective: Stimulate Creative Problem Solving

TA Exercise: Egg Drop

Teams are given the same amount of raw materials and a time limit and they must construct a structure to protect an egg as it is dropped from a specified height. This develops creative problem solving, teamwork and execution of a plan.

TA Exercise: Magic Carpet

The group must flip a tarp over without getting off it. This exercise also bursts some of the personal bubble space and silos that people operate in.

TA Exercise: Human Brain

Participants form a circle and grab the hand of the person opposite them and then the group must unwind themselves without letting go. This develops teamwork and cooperation.

Objective: Collaborate Effectively

TA Exercise: Australian Trolley

Participants must work in unison to travel a distance along the ground while attached to a couple of 2/4's with strings.

TA Exercise: Pipeline

Groups must work together to transport a marble through a pipeline they construct and negotiate some obstacles in the process.

TA Exercise: Master Weaving Project

Imagine a large spider web. In order to successfully pass through the hazard, the group must thread a piece of knotted webbing through the openings in a particular order without the webbing or participants touching the side of the web. To add complexity, we often blindfold half the participants so that the team must figure out how to communicate clearly and work with constraints.

TA Exercise: Traffic Jam

People are in a line on spaces marked with a piece of paper with one open space and the people on the left side must move to the right in order and visa versa. This is like a chess match as each person can only move in



certain ways. It focuses on how your moves affect others in your team and only if you develop a plan and think, as a unit will you be successful.

Objective: Develop or Improve Trust

TA Exercise: Mousetrap

Participants are put into small groups and teammates must verbally instruct team members how to place their hand on a live mousetrap while blindfolded. This exercise instills the importance of specificity in communication and feedback loops to build trusting relationships.

TA Exercise: Wind in the Willows

Participants learn how many hands make light while they first learn how to properly spot for each other. Then one participant at a time trusts the group to catch them as they fall backwards and are lifted up in the air above the spotters heads.

TA Exercise: Wild Woozy. After learning how to spot, two people at a time get up on a triangle 1 foot off the ground and use each other for support as they go from the apex to the base of the triangle with their teammates for spotting support. We like to call this exercise total commitment, as participants must really commit to each other to be successful.

Objective: Ability to deal with change, constructive conflict, deadlines, constraints.

TA Exercise: Nitro Crossing

Team must cross an imaginary obstacle on a tarzan swing 2 feet off the ground getting all team members across safely to stand on some raised platforms. Often during an exercise we will assess the ability of the group and make harder or easier depending on their progress during the day. On this exercise we may remove the number of landing spots or have people lose the ability to stand on a leg if they touch the hazard. In other instances we may blindfold someone or impose a time constraint.

Objective: Ability To Develop And Execute A Plan

TA Exercise: Whale Watch

All the members of the team must get on and stay balanced on an unstable platform one foot off the ground and then get off it without the platform touching the ground. The key with this and many exercises is to think, plan and look at alternative ways to solve a problem before jumping in.

Objective: Opening People's Perspective

TA Exercise: Welcome To The Village

In two different versions of this exercise, the group must figure out the key to a riddle by looking beyond the obvious to be accepted into the village.