

# Team Building Activities Matrix

Many activities can be used to develop skills in more than one area. The grid gives a quick reference and helps in selecting an activity to support the skills which you want to develop. Overleaf are brief descriptions of the activities, Please contact us for further information about the activities and how they may be combined.

	Collective Decisions	Trust / Co-operation	Influencing	Analysing Performance	Planning	Leadership	Time Management	Communication	Problem Solving	Working Under Pressure	Creative Thinking	Motivation
Bridge Building	•	•	•	•	•	•	•	•	•	•	•	•
Raft Building	•	•	•	•	•	•	•	•	•	•		•
Spiders Web	•	•	•	•		•		•	•		•	
Electric Fence	•	•		•	•	•		•	•	•		
Night Line	•	•		•		•		•				
Roller Ball	•			•			•	•			•	•
Photo Orienteering & Murder Mystery	•		•	•	•		•	•	•	•		•
Rail Tracks	•	•	•			•		•	•		•	
Stepping Stones	•				•		•	•	•		•	
A Frame Walk		•	•			•		•				•
Stretcher Carry		•	•			•	•	•				
Tyrolean Traverse					•	•	•	•		•		•
Postman's Walk		•			•		•	•		•		•
Trebuchet					•	•		•	•		•	



## Bridge Building

Using equipment provided, teams have to create a structure bridging banks of the River Sence. The construction will need to take the weight of the whole team and meet a level of safety. Planning and effective communication are vital to success.



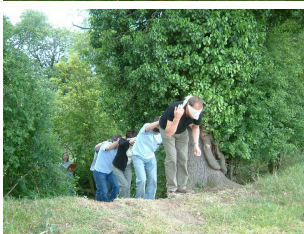
## Raft Building

The group will be divided into two and given a range of equipment to build a raft. Once the raft is constructed the teams will be given a set amount of practice time before being pitted against each other in a race.



## Spiders Web

With your whole team working as one, each member must pass through a separate hole in the spider's web. Once a hole has been used it cannot be used again, team-work as well as individual technique are vital.



## Night Line

Blindfolded teams follow a rope on an orienteering mission. At regular intervals the rope will divide and choices of direction have to be made. Along the way, the team must find and identify different items to complete the challenge.



### **Electric Fence**

The Team need to cross the electric fence without getting electrocuted using only the equipment provided. This is a real problem solving tasks where the answers are not always as obvious as first thought.



### **Rail Tracks**

Both a problem solving and teamwork task, your group must negotiate a stretch of cordoned off area without touching the ground using only the equipment given and each other for support.



### **Stepping Stones**

This is a problem solving task which involves the team having to cross a restricted area using just two planks in a variety of different ways. Planning and strategy are key to success in this task.



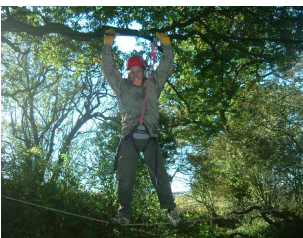
### **Rollerball**

Rollerball requires the whole team to build a construction capable of transporting a ball from the start to finish point. Larger teams may be divided to work in conjoined areas so co-operation and coordination are vital. Everyone needs to contribute to the overall team objective whilst ensuring their own sub-team functions correctly.



### **Stretcher Carry**

Transport the stretcher carefully around the course. Anyone touching the stretcher is blindfolded and must rely on the guidance of the sighted navigators; success is measured by the amount of water remaining in the container carried on the stretcher. Effective communication between the sighted and non-sighted is vital.



### **Tyrolean Traverse**

Cross your team from one side of the pit to the other and back again with the aid of the high hanging wires. The task can be made even more challenging when the wires have to be constructed by the teams as well.



### **A Frame Walk**

Use the pioneering poles to build the 'A' Frame. Once constructed one of the braver members of the team must then volunteer to stand in the 'A' Frame whilst the other members co-ordinate a 'walking' pattern to get the 'A' Frame to it's target. Success in this task covers a number of areas including construction, co-ordination and trust as well as physical ability.

### **Trebuchet**

A creative construction task which involves the team building a structure to launch an object into an area.

### **Photo Orienteering and Murder Mystery**

An orienteering task that can be tackled in both small and large groups. The clues to a recent murder lie scattered around the Garlands leisure site, using the photographs that are provided, the teams must plan a strategy for finding them then navigate the site to do so, before returning to their base to put all their clues together and solve the mystery. You'll be working against the clock to find the murderer before they get away.