

**BUILDING  
YOUR SKILLS**

# BALLOON BED



**ESSENTIALS**



**15 MINUTES**



**PREPARATION  
NEEDED**

## AIM

Construct a bed out of balloons. Once constructed teams are then challenged to reduce the bed to as few balloons as possible. Which balloon bed will hold the weight of a person with the fewest balloons?

## WHAT YOU'LL NEED

- Balloons (Roughly 8-10 per team)

# ESSENTIALS: BALLOON BED

## BUILDING YOUR SKILLS



### LEADER PREPARATION

Little preparation is required for this activity, beyond sourcing the balloons. A leader should also check the space being used for this activity is safe and appropriate.



## GETTING INTO THE ACTIVITY

- 1 Split into small groups of roughly 4-6.
- 2 Give each group a pile of balloons (8-10 per team).
- 3 Challenge each group to create a bed of balloons. To do this they will need to inflate the balloons and arrange them into a bed.
- 4 The challenge is that one member of the team (preferably the tallest person) will need to lay on the bed and stay in place for at least one minute. During this minute the person on the bed cannot touch the ground with any part of their body.
- 5 The rules for putting the person on the bed are: the balloons must be put in place like they will be with the person lying on them. Once in place, they cannot be touched. Then the person who is going to lie on the bed, is lifted onto the bed by the team. Once the person is on the bed with no one touching them and not touching the ground, the time starts.
- 6 Once a team has completed the challenge, introduce the second element of the challenge. Now teams must construct the bed out of the fewest balloons possible. The winning team will be the team which uses the least balloons.



### IDEAS TO TAKE THIS FURTHER...

Make the challenge more difficult by introducing other rules such as each team member only being able to use one hand or no verbal communication between team members throughout the challenge.



### KEEPING EVERYONE SAFE

Please make sure the space used for this activity is safe and suitable. Care should be taken when teams are lifting their team member onto the balloon bed.

**BUILDING  
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**ESSENTIALS**



**20 MINUTES**



**IN THE  
CUPBOARD**

# MINEFIELD



## AIM

Navigate the minefield without being blown off the course. This challenge requires good memory skills, communication and teamwork.

## WHAT YOU'LL NEED

- Cones / Tape / Markers
- Minefield Solution Sheet

# ESSENTIALS: MINEFIELD

## BUILDING YOUR SKILLS



### LEADER PREPARATION

A leader will need to create a large 8x8 grid. This could be done using tape, cones, markers or paper taped to the floor. A leader will also need a copy of the minefield solution sheet.



### GETTING INTO THE ACTIVITY

- 1 Explain to the group that some of the squares in the grid have mines under them.
- 2 One at a time participants will need to make their way through the grid, from the start line to the finish line, avoiding the mines. They can move one square at a time and in any direction. However, if they tread on a mine they must join the back of the line and the next person in the team must go.
- 3 Only one person can be on the minefield at any time, during which everyone else must be silent and cannot help. (Help & advice can be given from the rest of the group before the start of each attempt). A leader will need a copy of the solution sheet and is responsible for informing the group if they land on a mine.
- 4 All participants must navigate the minefield successfully to finish. If working with a large group, create two or three minefields and split into smaller groups for this activity.

This activity encourages teamwork, communication, creative thinking and problem-solving.

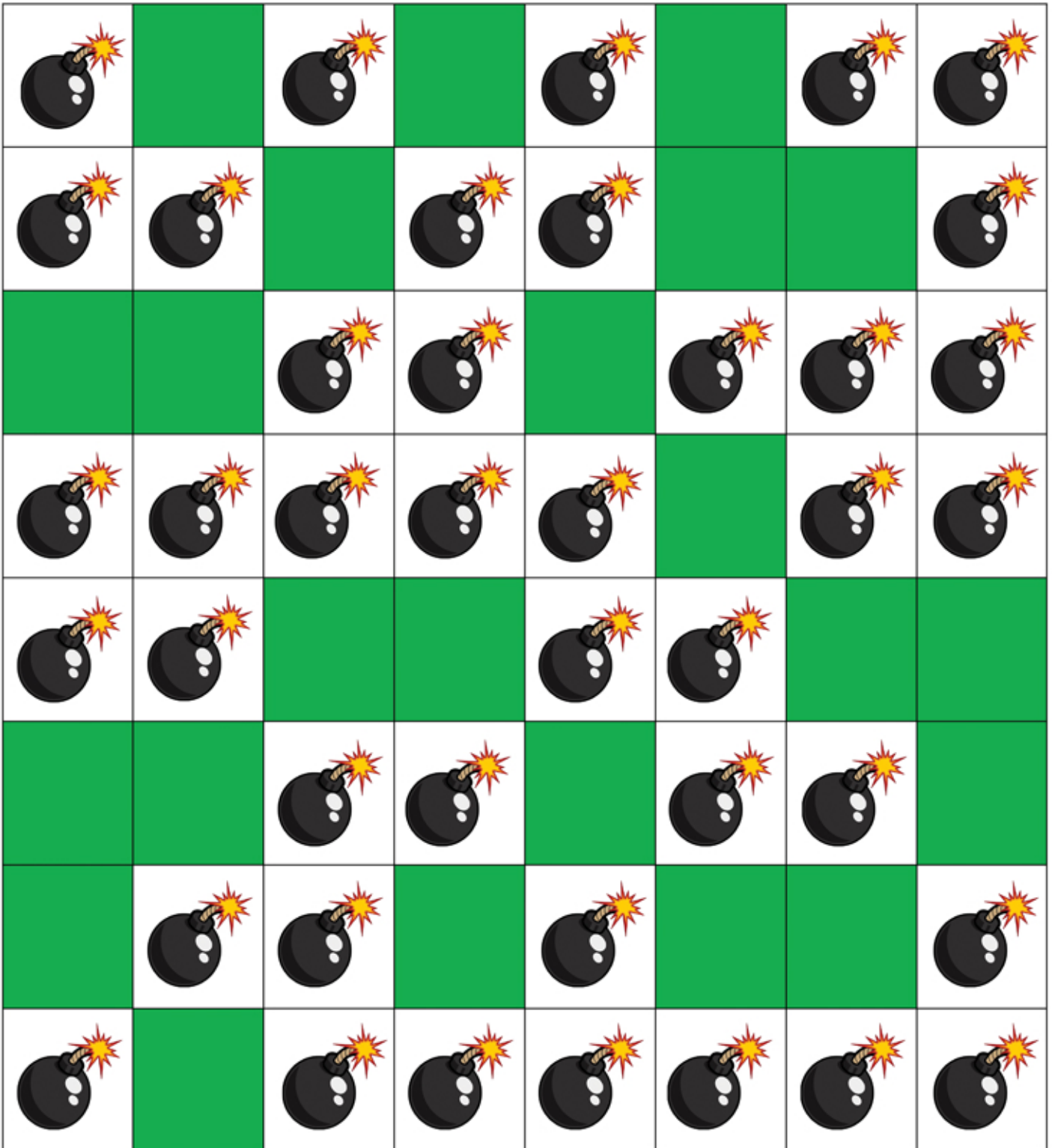


### IDEAS TO TAKE THIS FURTHER...

If groups are struggling after a while then allow the team to mark boxes they know are safe, to help remember where they can tread. This should only be done after 5 or 10 minutes and if the group are really struggling.

# MINEFIELD - SOLUTION

Start



Finish

**BUILDING  
YOUR SKILLS**

# ROPE PUZZLE



**ESSENTIALS**



**15 MINUTES**



**IN THE  
CUPBOARD**

## AIM

Working as a team, can you get the rope to pass through all the cones whilst staying within the rules of the game? A challenge that involves creative thinking, good communication and teamwork.

## WHAT YOU'LL NEED

- > 9 Cones
- > Rope



**BUILDING  
YOUR SKILLS**



**ESSENTIALS**



**20 MINUTES**



**PREPARATION  
NEEDED**

# SPIDER'S WEB



## AIM

Attempt to squeeze through the spider's web without being caught in the web.  
An activity to put participants' spatial awareness, agility and teamwork to the test.

## WHAT YOU'LL NEED

- Ball of String
- Two or more fixed Items (tables, chairs, walls, doorways etc)



# ESSENTIALS: SPIDER'S WEB

## BUILDING YOUR SKILLS



### LEADER PREPARATION

Find a suitable location to create your spider's web. This needs to be between two or more fixed objects. It might be by using objects such as tables and chairs with string wrapped around them or you could create a spider's web in a doorway or between two trees. Create the web by tying / weaving the string between the items, crisscrossing the string as you go back and forth to create a weblike structure. Make sure there are a number of gaps in the web, with some gaps bigger than others.



### GETTING INTO THE ACTIVITY

The aim of this activity is for participants to pass through the spider's web without making contact with the web. Only when no contact has been made, is this classed a successful attempt. Gaps between the web and the floor can be used too.

**Warm Up:** Spend some time just getting used to passing through the web without making contact. Encourage participants to try different gaps in the web, seeing how difficult it is to pass through each one. Those waiting for their turn can help by giving instructions and encouragement.

**Team Race:** Split into two teams. Start a timer and see which team can get all their team members through the web in the quickest amount of time. Any team member who makes contact with the web must join the back of the queue. Stop the timer when all team members are through the web without making contact. If some parts of the web are too easy to pass through, ban participants from climbing through these gaps.

**No Two the Same:** Each person climbing through must go through a different gap in the web. This means between the group they will have to go through big gaps as well as small gaps. Teams will need to decide which members will take on which sized gaps. Teams can assist each other by helping to lift and support their teammates. Any contact with the web means that person must start again



### IDEAS TO TAKE THIS FURTHER...

Find one of the smallest or most challenging holes in the spider's web and see if the group can get a participant through that gap.



### KEEPING EVERYONE SAFE

Please make sure the space is safe and suitable. The string must be tight. Where young people are lifting each other, this must be completed carefully with support being given to the neck and shoulders. The activity should be paused immediately and instructions given if not being completed safely.

# BUILDING YOUR SKILLS



ESSENTIALS



20 MINUTES



PREPARATION  
NEEDED

# TOWERING SUCCESS



## AIM

To work as a team to build the highest freestanding tower, designed to hold an egg at the top of it. This challenge will test participant's teamwork, co-operation and creative thinking skills.

## WHAT YOU'LL NEED

- > 2 Newspapers
- > 4 A4 sheets of Paper
- > 12 Paper Clips
- > 4 Straws
- > Egg (real or creme)
- > 3m of String
- > 4 Elastic Bands
- > 4 Balloons
- > Sellotape
- > Scissors
- > Tape Measure

# ESSENTIALS: TOWERING SUCCESS

## BUILDING YOUR SKILLS



### LEADER PREPARATION

A leader will need to source all the equipment required to complete this challenge. An appropriate space should also be selected for the activity.



## GETTING INTO THE ACTIVITY

Using only the contents provided, groups must construct a free-standing tower that will support an egg at the top of the tower.

- 1 Split into groups and give each group the same equipment.
- 2 Explain to groups that they have 5 minutes to plan and 20 minutes to build a freestanding tower to support the egg as high as they can.
- 3 No construction should take place during the 5 minute planning time, this is purely for planning and discussing tactics as a group.
- 4 The tower must touch the floor and should stand on its own without being held by any members of the group at the end of the 20 minute construction period. Please note being sellotaped to the floor or a table does not count as 'freestanding'.



### IDEAS TO TAKE THIS FURTHER...

Adapt the resources to things you might have in the cupboard or can get hold of easily. This might be spaghetti and marshmallows, Lego, Jenga bricks or so on.



### KEEPING EVERYONE SAFE

Ask groups to test their towers without the egg, before they try it with the egg. Any mess created by the egg should be cleaned up immediately.

**BUILDING  
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**ESSENTIALS**



**15 MINUTES**



**IN THE  
CUPBOARD**

# WATER CONTAINER CHALLENGE



## AIM

A logical thinking challenge that will test your brainpower and creative thinking. Can you measure out 4L of water exactly? Which team can complete the challenge in the quickest time?

## WHAT YOU'LL NEED

- Water Container Challenge PowerPoint
- 3 Water Containers and Water (optional)

# ESSENTIALS: WATER CONTAINER CHALLENGE

## BUILDING YOUR SKILLS



### LEADER PREPARATION

As a minimum, a leader will need to have the PowerPoint for this challenge. However, if possible, it is recommended to find water containers of appropriate sizes to allow teams to try this activity out for real with water.



### GETTING INTO THE ACTIVITY

**The Challenge:** A challenge centred around logical thinking. The group have three containers (8L, 5L & 3L) and are required to measure out 4L of water exactly. The rules are as follows.

- There are three containers, an 8L, 5L and 3L. The challenge is to measure out 4 litres of water exactly.
- None of the containers have any markings on, making it impossible to measure the water in any other way than filling the containers fully.
- You are allowed to move water between the buckets and throw water away. You have an unlimited supply of water.

Give the group(s) a time limit to complete this challenge to help add some pressure. 6 minutes should be plenty.

**Solution:** This challenge is completed by moving the water around until you have 4L exactly. A full step by step guide to the solution can be found within the PowerPoint.



### IDEAS TO TAKE THIS FURTHER...

There is more than one possible way to complete this challenge. Can the group find a second solution to the puzzle?



### KEEPING EVERYONE SAFE

If completing this activity with water, please ensure the water is handled carefully with any spillages cleaned up immediately. Please keep water away from any electricity.