

teachmeteamwork.com

Have fun building your high performing team!



Tom Heck
Teamwork Coach

Hello! I'm Tom Heck and 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 this one you've downloaded.

If you find this resource helpful, you can buy one of my multimedia training CDs.

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



CLICK HERE
to learn more
about my CDs

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



If you find this resource you've downloaded valuable, look for the TeachMeTeamwork **TIP JAR** at the end of this document. There you'll find instructions on how to easily contribute \$2, \$5, \$10 or whatever amount you feel moved to give. Your contribution will go directly towards the maintenance and continued expansion of teambuilding resources such as this one.

Tom Heck

Elastic Bulls Eye

Teambuilding Game

Group Size: Groups of 6 – 8 people
Age Range: middle school – adult
Intensity: Mental=2, Physical=1
Time: 10 – 20 minutes (without debrief)
Space: Minimal – Medium -- Lots
Set Up Time: 60 seconds
Props: One piece of stretchy elastic and one “target” (non-elastic string loop) for each group



Objective

The group must release the stretched out elastic circle in such a way that the elastic falls inside the target (inside the bulls eye).

Set Up / Preparation

1. Divide the group into teams of 4-8.
2. Supply each group with one elastic circle and one “target” (non-elastic string).
3. Each person in the group holds onto the elastic with two fingers and then the group backs up so the elastic is stretched out in a big circle (people are spaced evenly from each other). Place the target in the center of the circle. NOTE: the target in the video clip and photo is a bucket - - this is a MUCH more difficult challenge than using the non-elastic string as a target.
4. The group must now release the elastic simultaneously and in such a way that the elastic falls into the target.

Rules

1. The group must keep the elastic fully stretched just before the release.

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You have permission to use these directions to lead this activity with a group you are directly working with. Contact me for permission to use these directions for purposes beyond those described.

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2. The group must release the elastic simultaneously.
3. The stretched elastic circle must be kept parallel to the ground.
4. The target must stay in the center of the circle.
5. The elastic can only land inside the target as a result of the simultaneous release of the elastic by the group (example: the elastic cannot be thrown in to the bucket by one person)

Safety Warning

Do not allow participants to place the elastic near their eyes.

Comments

If you're looking for a team challenge that is easy to transport and very difficult for a group to have success with, this is it! Very rarely will a group actually solve this challenge - - it's that difficult. What this activity will do is get a group to engage in dialogue and creative problem solving. Because the group will likely experience non-success, it will provide them with an opportunity to determine what non-success means to them.

Debriefing Suggestions

1. Frustration. Blame. These are things you'll likely be helping a group process through with this activity. Especially if you allow/make them do the activity for a long time (i.e. 30 minutes).
2. Is it possible to solve this challenge? Yes. But it's very rare (in my experience). Why do it then? Offer this activity up BECAUSE it's nearly impossible to complete. If you have a group that can get any challenge done quickly and easily then this is a great challenge to give them. This activity may be the thing that helps them evolve and play a bigger game.

3. Your ability to debrief this effectively will determine the outcome of this lesson.
Are you able to work with a group that is trying to process non-success?

Variations

Use different types of targets. Examples: a string circle on the ground, a 5 gallon bucket, a cup, etc.

History

This game was taught to me by Jim Cain, co-author of “Teamwork & Teamplay”

A Thought For You

“To him whose **elastic** and vigorous thought keeps pace with the sun, the day is a perpetual morning”

Henry David Thoreau
American Essayist, Poet, Philosopher
1817-1862

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Click Here to Contribute to the TeachMeTeamwork TIP JAR

<http://snipurl.com/tipjar>

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Making a contribution for the use of these materials helps “prime the pump” to keep things working...

A man was crossing a desert in the days of the pioneers. He ran into trouble and was dying of thirst when he spotted a pump near an abandoned shack.

He had no water to prime the pump, but he noticed a jug of water near the pump with a note attached. It read:

"There is just enough water in this jug to prime the pump, but not if you drink some first. Pour the water in the top of the pump and pump the handle quickly. After you have had a drink, refill this jug for the next person who comes along."



Will there be times when people choose not to contribute? Certainly. However, 82% on average do give back, leaving water in the bucket so the system continues to work.



You decide what feels right for you. If you download activities for free and choose not to contribute to my TIP JAR, then perhaps you'll buy one of my CDs. I trust you'll make the perfect choice.

The most important thing is for you to teach team skills and promote win-win consciousness. Let me know how I can assist you in doing your good work.

Tom Heck