

### Activity Sheet

- Finger Fence: Grasp one hand with a partner, with both people extending their index finger. The object is to touch the other person with your finger, while at the same time preventing them from touching you.
  - Evolution: Object- participants move from person to person trying to become the “Supreme Being” (a bear in our case), by evolving from an egg, chicken, eagle, and then bear. Evolution takes place by playing Rock, Paper, Scissors. Participants can only play with their ‘kind.’ Whoever wins RPS evolves to a higher life form, and the loser de-evolves back to the lower life form. Once you become a bear, you have all power. Bears are still able to play RPS, but can not loose. (NOTE: at this training I had the participants choose what life forms they wanted.)
  - Salt & Pepper: Also called Categories. The group divides themselves in half according to the categories given. For example, salt or pepper? Apples or oranges? Football or basketball? Once in the two groups, participants were required to shake hands and meet 3 different people they did not know.
  - The Map: The floor in the room was made to be a large map, first of Utah, then America, and then the world. Participants stood on the ‘map’ according to the questions asked (Where do you work? Someplace you would like to go on vacation? Etc.). Again, meeting and talking with those around them that they did not know.
  - Pirates: 5 different commands were given, and each command had an associated action for participants.
    - “Swab the Deck!”- Each participant, while in their best pirate’s “RRRRRR,” pretends he or she is swabbing the deck.
    - “Light house!”- Two participants stand back to back, arms locked, turning around “beeping” like a lighthouse.
    - “Man Overboard!”- Two participants stand facing each other, arms extended, grasping hands or wrists, while a third person is standing in the middle of the enclosed arms, looking for that person who happened to go overboard.
    - “Row the Boat!”- Four participants, standing two by two, front to back, each pretend they are rowing their boat, while at the same time chanting, “Row, row, row. . . .”
    - “Grub Time!”- Five participants stand facing each other, and pretend to eat, shove food in their mouths, etc., while saying, “Grub. Grub, grub . . .”
- If at anytime there is not the correct number of participants in a group (either too many or too few) the entire group is required to walk to plank. This is done by ‘swimming’ around while singing, “Oh e oh, a pirate life’s for me.” Once a person walks the plank there is not getting back on board the ship.
- Rock, Paper, Scissors Olympics: Participants face each other at RPS. Whoever looses becomes the other person’s biggest fan. The winner, with his or her fan

base, faces another person with their fan base. The losing side joins the winning side. This continues until there is only one person left.

- Challenge Circles: Two ropes are placed on the floor, each forming a circle, with one inside of the other. This represents the three zones of challenge. The middle is the *comfort zone*, the second area is the *growth* or *stretch zone*, while outside of the last rope represents the *panic zone*. Participants stand in the different zones according to the questions asked. (i.e. Swimming in the ocean? Public Speaking? Etc.)
- Channels: Also called Half-Pipe. Using the channels participants had to move a marble from point A to point B. Rules:
  - If the marble was in your channel you could not move your feet.
  - The marble could only touch the channel.
  - If the marble fell out, dropped, or other rules were broken, the group had to start over at their 'magic place.'
  - Handicaps were given to the different groups: blindfold, 3-legged, mute.
- Acid River: Participants needed to move from point A to point B by using the provided carpet squares. This activity was frontloaded to represent the coming year for each person. On their carpet they wrote the quality, characteristic, or skill, that they possess as a trainer that will help them arrive at next year. Rules"
  - Crossing the span of time could only be accomplished by stepping on the carpets.
  - Each carpet square had to have human contact at all time, or it was lost.
  - Carpets could not be slid on the ground.
  - Sometimes some carpets were lost just because.
  - Handicaps were given to the different groups: blind, mute, double talk.
- Group Black Jack: Without looking at their own playing card, and without speaking, participants put their card to their forehead and had to form groups whose total was as close to 21 as possible without going over.
- Group Jack Black: Same as above, only subtracting to cards to get as close to 0 as possible
- Impulse: Two parallel lines of people were standing side by side, with each person in line facing forward. One hand was placed on the person's shoulder in front of you. The object was to send an impulse down the line by squeezing the person in front of you, and the first person in line to be the first to grab the rubber fish. The last person in line started the impulse when the flipped coin landed on heads.
- Hog Call: Partners get together and come up with an animal sound. Partners are then separated, blindfolded, and then have to find each other only by making their animal sound.
- One Word Whip: A debriefing activity where, while going around the circle, each person in the group says one word about the activity.
- Pair Share: Reflecting with a partner about the activity.
- Key Chain: To check-in, participants select a key chain the 'talks' to them.
- Pop Corn Style: Participants simply "pop up" with their comments, reflections, etc. about the activity.
- Emotion Dolls: Participants used the dolls to debrief the activity, they were passed around the circle after each person shared.