



## Team-Development Program

### 30 people (20 mins)

1. Alphabet Equations – series of quick puzzles which serve as a brilliant arrival activity
2. Change Up – dynamic exercise to focus on problem-solving & goal-setting
3. Spectrums Debrief – non-verbal method to review learnings from the session

**Props** – set of 'Alphabet Equations,' 1 x deck of playing cards, stop watch

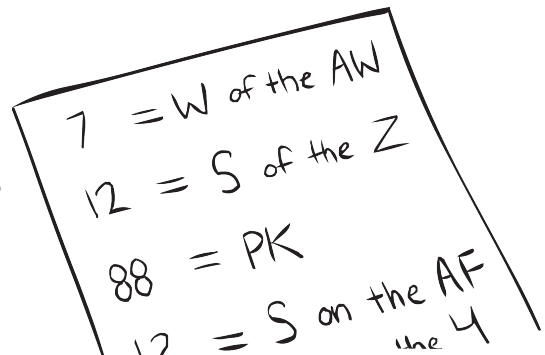
Step-by-step instructions for each of these activities are provided below.  
To view video tutorials, practical leadership tips & popular variations, click the links above.

#### Not a playmeo subscriber?

Click [this link](#) to unlock 100s of icebreakers, energisers & team-building activities.

### 1. Alphabet Equations (3 mins)

1. In advance, create a set of 'Alphabet Equation' cards (see below for samples).
2. Place the cards face down on the floor or table, and ask your group to gather around them.
3. Turning one card over at a time, ask your group to solve the equation by guessing the common phrase or expression to which the capitalised letters belong.
4. After a short while, if a particular equation has not been solved, place it to the side, and flip over the next card.
5. Continue turning over all of the cards.

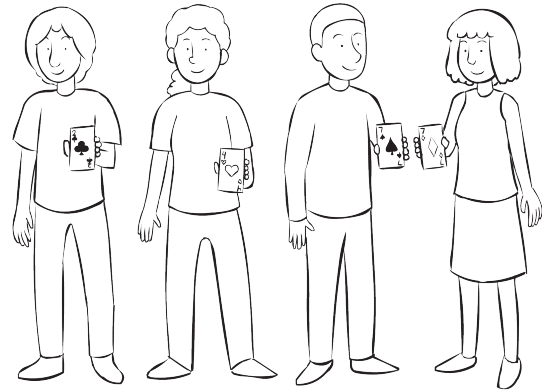


Here are a set of **sample Alphabet Equations** to get you started. Add to this list by thinking of your own equations, or download the full set of *Print+Play Alphabet Equations Cards* from the [Resources](#) tab connected to this activity.

12 = S of the Z	12 Signs of the Zodiac
54 = C in a P with J	54 cards in a Pack with Jokers
88 = PK	88 Piano Keys
13 = S on the AF	13 Stars on the American Flag
32 = DF at which WF	32 Degrees Fahrenheit at which Water Freezes

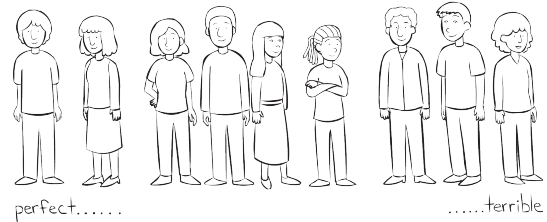
## 2. Change Up (15 mins)

1. Randomly distribute one card (from a deck of cards) face down to every person in your group.
2. Do not look at, or show your card to anyone else.
3. Explain that when you say "GO," you want the group to flip the cards over and form one straight line according to the numerical order of the cards, aces high, regardless of suit, as quickly as possible.
4. Using a stop-watch, time this first attempt.
5. Before a new round starts, the group is entitled to plan their next attempt.
6. When ready, the group must turn their cards face down again, and mingle with others swapping cards one for one until you say "STOP."
7. Announce "GO" to start the next round, and record the time.
8. Repeat process for up to five rounds, and record the fastest time.



## 3. Spectrums Debrief (2 mins)

1. Establish an imaginary line approx 5 to 8 metres long between two points on the ground.
2. Explain that each end of the line represents two ends of a spectrum, such as hot to cold, high to low, etc.
3. Pose a question or create a scenario, asking everyone in the group to stand along that point of the line which matches their personal response.
4. Repeat, if necessary, with varying scenarios.

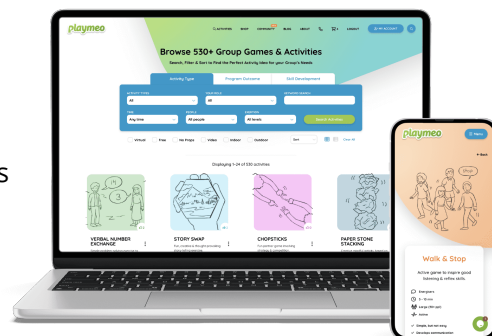


## Find the Perfect Activity in 30 secs

Expand your activity repertoire, build team skills & lead group games with confidence & ease.

**Subscribe Today**

**[playmeo.com/join](https://playmeo.com/join)**



**playmeo**



playmeo – the ultimate toolkit of icebreakers, energisers & team-building activities

© Copyright playmeo [www.playmeo.com](http://www.playmeo.com)

