



Team-Development Program

30 people (60 mins)

1. [Elevator Air](#) – quick exercise to successfully frame your group's experience
2. [ESP](#) – passive, fun activity which invites partners to think alike
3. [Mute Line-Up](#) – simple challenge which focuses on effective communication
4. [Through The Wringer](#) – excellent team challenge that will inspire your group's creativity
5. [Traffic Light Debrief](#) – inventive process to review the learnings from the session

Props – 1 x hula hoop, stop watch, 3 x coloured objects (red, yellow & green)

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.

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1. Elevator Air (10 mins)

1. Form a large circle.
2. Ask each person to cross to the other side 'as if' they were in an elevator.
3. Upon crossing, ask the group to describe the atmosphere this crossing created.
4. Ask each person to cross a second time, this time imagining they were in a car driving on the highway.
5. Upon crossing, ask the group to describe the atmosphere this second crossing created.
6. Ask each person to cross a final time, this time imagining they were at a party with their long-lost friends.
7. Upon crossing, ask the group to describe the atmosphere this third crossing created.
8. Process the experience, distinguishing the three outcomes each crossing created, and why they were different.

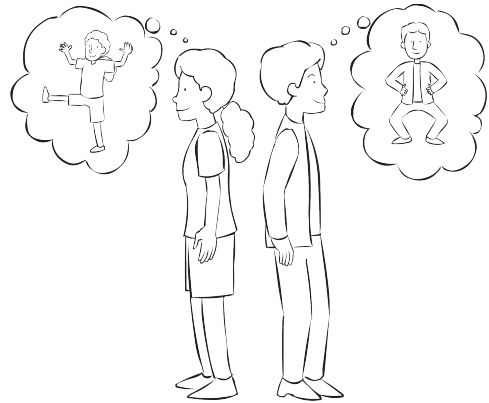


2. ESP (15 mins)

1. Ask your group to form into pairs, and gather around you.
2. Identify three definable and unique physical gestures which reflect your program goals, or

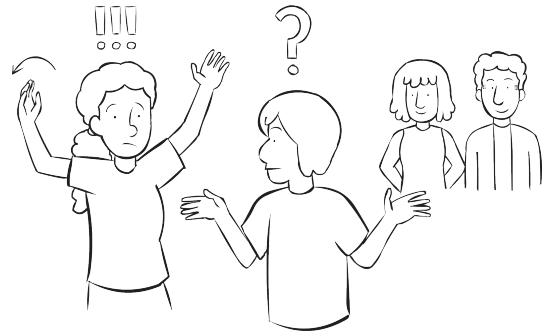
anything three things such as Happy, Sad and Shocked.

3. Practice all three gestures several times with your group.
4. Pairs start by standing back to back with their partners.
5. On the count of three, everyone turns around swiftly to face their partner and demonstrate one of the three gestures.
6. Each person aims to match the gesture of their partner as often as possible within, say, five rounds.



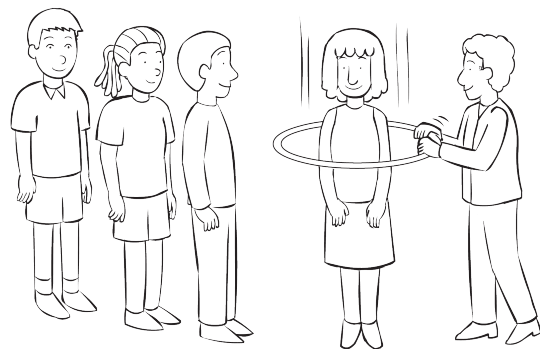
3. Mute Line-Up (10 mins)

1. Assemble your group in front of you.
2. Instruct them to form one straight line, from highest to lowest, according to a set criteria, eg date of birth, not including the year.
3. Explain that only non-verbal forms of communication can be used at any time, ie no talking whatsoever.
4. Once the line is formed, check the accuracy of the sequence.



4. Through The Wringer (20 mins)

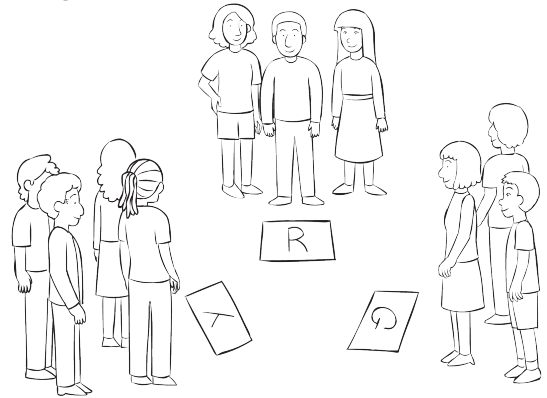
1. Place a hula-hoop in front of your group.
2. Explain that you would like everyone to physically pass through the hoop as quickly as possible.
3. Explain that you will start timing their attempt as soon as the hoop is picked up, and stop when the hoop is returned to the ground after the last person has passed through.
4. Allow the group three (or more) official attempts to record their fastest time.
5. Allow several minutes between each attempt.



5. Traffic Light Debrief (5 mins)

1. In advance, find three coloured objects – red, yellow and green – and place them in three distinct areas.
2. Gather your group, and identify each of the three areas:
 - Red represents things you would like to stop;

- Green represents things you would like to keep doing; and
 - Yellow represents things you're not sure about.
3. Pose your question or make a statement, and then ask everyone to stand by one of the three colours according to their individual response.
 4. Invite the people standing in each of the areas to discuss why they chose that area.

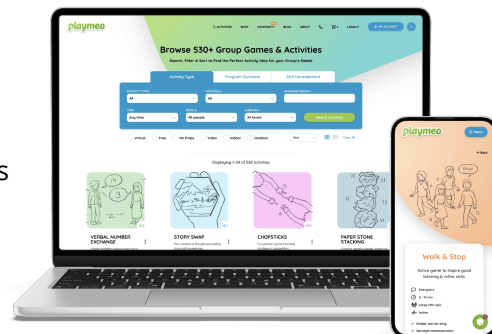


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