

## OVER AND UNDER

**TIME** 15 minutes

### SUPPLIES

- › Two beach balls

**THE GAME** Players form two parallel lines about 15 feet apart. The first player in each line passes the beach ball backward over her or his head to the next player. The next player passes the beach ball under his or her legs to the third player. Passing continues, alternating the overhead and under leg passes. The first team to successfully pass the ball through the line wins.

### GOING DEEPER

- › What was the secret to this game's success?
- › How did your team work together to achieve the greatest efficiency in passing the ball?
- › How do flexibility and cooperation help you be successful?

## ALL ABOARD

**TIME** 20–30 minutes

### SUPPLIES

- › Milk crate (grocery stores and dairies may have extras)

**SAFETY NOTE** Be aware of differences in team members' strength and body sizes. Instruct players not to lift, support, or be supported in ways that make them uncomfortable. Players should not attempt any solution that doesn't incorporate an adequate number of spotters to ensure safety.

**THE STORY** Set the scene: "A toxic slime is quickly approaching your island! You have to get everyone to safety at the top of the mountain for a helicopter rescue."

**THE GAME** See how many team members can balance on the milk crate for five seconds. Keep challenging the team to add more members. Players on the milk crate cannot touch the ground with any part of their bodies.

### GOING DEEPER

- › How did it feel to have others invading your personal space?
- › What was your biggest challenge and how did you overcome it?
- › What made you most uncomfortable during this activity?
- › How can you apply or relate this activity to working within your team?
- › What were some of your most creative solutions to the problem?
- › Did your team expectations change throughout the process?