

## EXPERIENTIAL LEARNING OUTDOOR GAMES

### ICE BREAKER AND TEAM DYNAMIC ACTIVITIES



#### STAND-UP TOGETHER.

To see how group members' stand-up together in-group starts with 2 person and up to the whole group.  
A simple game highlighted on the importance of team communication.



#### THE ALL ABOARD

To see how many group members can get on a platform at one time. In order to be on the platform, both feet must be of the ground. The group must hold their positions at least ten second.



#### THE MUMMY TRUST FALL

This is a trust fall, which the faller is supported and bounces to right and left by fellow participants. The exercise started with open eyes and end up by closing their eyes.

## EXPERIENTIAL LEARNING ACTIVITIES

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### SILENCE ARRANGEMENT

To have the group line up that the tallest of the group is at one end, and there is a gradual decrease in height to the shortest member at the opposite end. No talking is allowed.



### TRUST FALL

This individual exercise is done by falling backwards from a plank of some 5 feet high and the team members will catch and cradle the person who falls.

## PROBLEM SOLVING ACTIVITIES



### HAND SHAKE

The group first hand forms a circle. Next each member of the group reaches across his right hand and takes someone's right hand. Then each group member reaches across with his left hand. He takes someone's left hand, but it must be a different person from whose hand he already has. Once this is done, the group will straighten out the maze of a circle hand into a straight link or a big circle.

## EXPERIENTIAL LEARNING ACTIVITIES

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### SPIDER COB – WEB

The objective is to get the group from one side to the other through the cobweb. Every time any members of the team touches any part of the web including the pole, the person who is attempting to go through must come back and that pole is blocked by a further rope tied on by the spider. However, each time a member of the team successfully

makes in through the hole, it is also blocked off or partially blocked by another rope. The instructor will block the hole, appropriately so that the task is always possible for the second chance.



### ELECTRIC FENCE

To get the entire group over the electric fence without any one touching the fence in any way. The group must use themselves and the log/plank provided. An electric field extends from the top of the fence to the ground and it cannot be penetrated. The support post can not be used. If any one touches the fence, the group will start all over again.



### WATER-BASED/RAFTING

To constructs a raft from limited recourses provided. The goal is to: -

- Confidence exercise to overcome water phobia.
- Building confidence using the life jacket and to trust fellow members of the team.
- Present a strongly motivating, concrete goal, through which participants can push themselves to high levels of mental and emotional achievement.

- Strongly metaphorical with meeting challenges, and adversity in many forms.
- Be able to set and meet realistic goal.

## LOW ELEMENT ACTIVITIES



### POLE AND TYRE

This team exercise is about getting the tyre out from a pole of 8 feet high.



### Re/Birth

**Task:** To pass each individual in the group up and through a suspended tire.

**Objective:** Achievement of a higher level of support and trust from the group. Finds group skills and characteristics, which may not have surfaced. Heightens the sense of group accomplishment and motivation



### Log Jam/Swinging Log

**Task:** Progress from one end of the jam to the other by manoeuvring the suspended logs on the cable. Usually performed in-groups of three.

**Objective:** Exploration of problem-solving techniques. Physically challenging as well.

**Triangle Tension Traverse**



**Task:** Traverse along a triangular cable formation with the aid of a stationary length of rope.

**Objective:** Practice balance and self-awareness skills with support of group.



**6 FT.WALL**

**Task:** Get the whole group up and over the wall safely.

**Objective:** Culminates the group development achieved during other group initiatives. Develops a sense of potential for self-actualisation. Helps overcome the fear inherent with perceived risk.

## HIGH ELEMENT ROPES COURSE



### **Cargo Net**

A net of rope which is suspended in the air on a cable or between two tress/poles. The net may be used as access to a high element or as separate activities.



### **High Postman Walk**

Two crossed wires are connected to a horizontal cable. The crossed cables are for holding and the horizontal cable is for traversing.



### **Zip Wire/Flying Fox**

Constructed as a single cable between two trees or poles which participants slide down with the use of a pulley attached to participants harness. This is definitely one of the highlights of the high challenge course.