

You've chosen to receive the directions to this game for free with the option to make a contribution to my TIP JAR later



Tom Heck
Teamwork Coach

I'm Tom Heck and I'm passionate about creating sustainable win-win team consciousness worldwide and I believe the fastest, easiest way to creating this level of consciousness is through experiential learning exercises like the one you've downloaded.

If you find value in this document, I ask that you support my efforts by contributing to my TIP JAR.

[Click Here to Contribute to my TIP JAR](http://snipurl.com/tipjar)

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Making a contribution for the use of these materials helps “prime the pump” to keep things working...

A man was crossing a desert in the days of the pioneers. He ran into trouble and was dying of thirst when he spotted a pump near an abandoned shack. He had no water to prime the pump, but he noticed a jug of water near the pump with a note attached. It read: "There is just enough water in this jug to prime the pump, but not if you drink some first. Pour the water in the top of the pump and pump the handle quickly. After you have had a drink, refill this jug for the next man who comes along."



Will there be times when people choose not to contribute? Certainly. However, 82% on average do give back, leaving water in the bucket so the system continues to work.

You decide what feels right for you. If you download activities for free and choose not to contribute to my TIP JAR, then perhaps you'll buy one of my CDs. I trust you'll make the perfect choice.

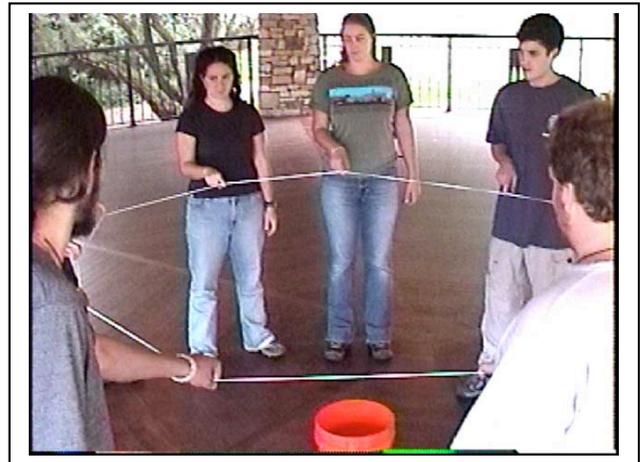
The most important thing is for you to teach team skills and promote win-win consciousness. Let me know how I can assist you in doing your good work.

Tom Heck

Elastic Bulls Eye

Teambuilding Game

Group Size: Groups of 6 – 8 people
Age Range: middle school – adult
Intensity: Mental=2, Physical=1
Time: 10 – 20 minutes (without debrief)
Space: Minimal – Medium -- Lots
Set Up Time: 60 seconds
Props: One piece of stretchy elastic and one “target” (non-elastic string loop) for each group



Objective

The group must release the stretched out elastic circle in such a way that the elastic falls inside the target (inside the bulls eye).

Set Up / Preparation

1. Divide the group into teams of 4-8.
2. Supply each group with one elastic circle and one “target” (non-elastic string).
3. Each person in the group holds onto the elastic with two fingers and then the group backs up so the elastic is stretched out in a big circle (people are spaced evenly from each other). Place the target in the center of the circle. NOTE: the target in the video clip and photo is a bucket - - this is a MUCH more difficult challenge than using the non-elastic string as a target.
4. The group must now release the elastic simultaneously and in such a way that the elastic falls into the target.

Rules

1. The group must keep the elastic fully stretched just before the release.

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You have permission to use these directions to lead this activity with a group you are directly working with. Contact me for permission to use these directions for purposes beyond those described.

2. The group must release the elastic simultaneously.
3. The stretched elastic circle must be kept parallel to the ground.
4. The target must stay in the center of the circle.
5. The elastic can only land inside the target as a result of the simultaneous release of the elastic by the group (example: the elastic cannot be thrown in to the bucket by one person)

Safety Warning

Do not allow participants to place the elastic near their eyes.

Comments

If you're looking for a team challenge that is easy to transport and very difficult for a group to have success with, this is it! Very rarely will a group actually solve this challenge - - it's that difficult. What this activity will do is get a group to engage in dialogue and creative problem solving. Because the group will likely experience non-success, it will provide them with an opportunity to determine what non-success means to them.

Debriefing Suggestions

1. Frustration. Blame. These are things you'll likely be helping a group process through with this activity. Especially if you allow/make them do the activity for a long time (i.e. 30 minutes).
2. Is it possible to solve this challenge? Yes. But it's very rare (in my experience). Why do it then? Offer this activity up BECAUSE it's nearly impossible to complete. If you have a group that can get any challenge done quickly and easily then this is a great challenge to give them. This activity may be the thing that helps them evolve and play a bigger game.

3. Your ability to debrief this effectively will determine the outcome of this lesson.
Are you able to work with a group that is trying to process non-success?

Variations

Use different types of targets. Examples: a string circle on the ground, a 5 gallon bucket, a cup, etc.

History

This game was taught to me by Jim Cain, co-author of "Teamwork & Teamplay"

A Thought For You

"To him whose **elastic** and vigorous thought keeps pace with the sun, the day is a perpetual morning"

Henry David Thoreau
American Essayist, Poet, Philosopher
1817-1862



Multi-media training CDs designed to help you quickly and easily learn how to lead teambuilding activities with:

- **Video Clips** of people actively involved in playing the games
- **Color Photos** for a quick idea of the activity
- **Printable Directions** for convenience in leading the activity
- **Easy & Quick Navigation** to find the right activity now

<p>Vol. 1 Team Building Games 101</p>	<p>33 Games</p>	<p>Activities you can lead now with little or no advanced preparation. If “props” are required to lead an activity, they’ll be easy to find at local stores and will require little, if any, preparation time. Games for big and small groups, cerebral and physical challenges, and activities lasting from 5 to 55 minutes.</p>
<p>Vol. 2 Team Building Games ADVANCED</p>	<p>32 Games</p>	<p>Activities that use distinctive props, which you can easily make yourself using the detailed instructions provided within (or purchase the pre-made props). Most of these activities are for groups of 10-20 people, though a few may be played with larger groups (50 or more).</p>
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