



# Initiative Exercises

## Session Guidelines

The following activities will challenge participants' communication, lateral thinking and teamwork:

Use riddles when moving in-between elements to keep all participants engaged - see last page for details.

Allow a minute or two at the start of each task to allow for planning and discussion.

## Initiative Exercises (Using Equipment)

### Spider's Web

**Time: Minimum 10 minutes**

#### Objective

Participants must get in and out of the spider's web without touching it. Participants get three chances to touch the web before they awaken the spider!

#### Safety rules:

- One person through the web at a time
- All members of the group must be supporting a lift to pass a person through
- Participants being passed through should always face up and be passed through feet first ensuring a person's head and neck are supported.

#### Development Idea

- Once one person has gone through a hole it cannot be used again.

#### Review

- What was the hardest part of the activity?
- If you could change one thing about the way the group completed the activity, what would it be?

### All Aboard

**Time: Minimum 10 minutes**

#### Objective

The group must fit all participants onto the wooden box at the same time, starting with the largest one first. Once all aboard, participants must remain there for 20 seconds without touching the ground. Once they have completed one they can then move onto the next box which is smaller in size.

#### Safety rules:

- Only one participant to step onto the stump at a time
- No lying down
- Avoid leaning off the edges of the stump

#### Possible solution

Participants give piggy backs, participants could stand on the wooden boxes with their heels over the edge to create more room.

#### Development Idea

- Create an area on the box that cannot be used, for example by adding wood chip on top or a piece of clothing.

#### Review

Did communicating make the activity easier or harder? Why?



## Entrapment

**Time: Minimum 15 minutes**

### Objective

Mission Impossible style 'lasers' are strung between trees. Your goal is to get from one end to another without being 'zapped.'

### Safety rules:

- Participants are not to run through at a fast pace for the risk of falling and getting rope burn.

### Development Ideas

- Try manoeuvring through with a partner 'monkey gripping', see who can get through first or move an object through the course with you.
- A participant goes through with their eyes closed, relying on verbal communication from those on the outside to guide them.

### Review

If a member of the team struggled, do you think you helped them well enough? Why/why not?

## Giant's Finger

**(This base could be easily missed, when taking the track and seeing the first red foot it is then to the right-hand side of it.)**

**Time: Minimum 10 minutes**

### Objective

The group must find a way to safely get the tyre over the pole or back on without a participant or the tyre touching the pole. If either do, the whole group must start again. Guests must spot each other; the tyre must not be thrown.

There are 2 different sized tyres - you can decide which one to use in terms of being easier or harder.

### Safety rules:

- Participants must spot each other
- The tyre must not be thrown

### Possible solution

Participants must support each other to create a tower of people that the tyre can be passed up and over. Anyone not directly involved in the lift should be supporting/spotting others.

### Review

Identify the person who you think made the biggest difference to your group completing this activity? Why did you identify that person?



## No Equipment Initiative Exercises (use a flat open area, the Parade or KAT area are best suited).

### Human Knot

**Time: 10 minutes**

#### Objective

The group join hands with others in the group but not directly next to or opposite each other. Participants must then untangle themselves without letting go to form one main circle or two small ones. There cannot be an odd number in the group; if there is, they can help from the outside.

#### Development Idea

- Allow one pair to let their grip go and form a line

#### Review

- How important was it to allow everyone a chance to give their ideas to complete the activity?
- As a group, did you listen well to all ideas?

### Circle Sitting

**Time: 5-10 minutes**

#### Objective

The group form a circle, shoulder to shoulder. Instruct all participants to turn 90 degrees to the left so that everyone is facing the back of the person in front of them. Participants place their hands on the shoulders of the person in front of them. On a countdown from 3, all participants then sit on the lap of the person behind them. Assuming no one gives up, the participants should be able to support one another. Once completed give the group a challenge to hold for 30 seconds.

#### Development Idea

- Form a line rather than a circle and get the person at the back to sit on a chair

#### Safety rules

- Ensure this activity is completed on a flat surface
- When standing up from sitting, all participants stand on a 3 count

#### Review

- As a group, did your first attempt succeed or fail? Would prior planning make it easier to complete?
- What do you wish you had known before starting the activity that you know now that would have made the activity easier?

### Stick Sums

**Time: 10-20 minutes**

#### Objective

Find 18 small sticks of a similar size and create the following sum on the ground:  $6+4=4$ . The participants must move 1 small stick to make the sum correct

#### Possible Solution

Move the vertical stick from the plus to make it a minus and move it to the 6 to make an 8.

#### Development Idea

- Split participants into 2 separate groups, give them 5 minutes to make their own sum/s to be presented to the other group

#### Review

- Were you surprised by the answer?
- Did you find it a simple solution once you knew?



## Longest Line

**Time: 5-10 minutes**

### Objective

The group is split into two teams and have a set amount of time to make the longest line with what they have with them, working against each other. The team with the longest line and no breaks in the line is the winning team.

### Possible Solution

Groups can use bags, jumpers, shoes, themselves etc

### Review

- How did you work together as a team?
- What worked well?
- What could be improved if you were to do this task again?

## Riddles / Brain Teasers

**Time: 10 minutes**

A short collection of riddles and brain teasers that can be played with individuals, or with the whole group during the walk between activity bases or at the end of the session for a little bit of fun.

**Q:** What goes up but never comes down?

**A:** Age

**Q:** What gets wetter the more it dries?

**A:** A towel

**Q:** What goes up a chimney down but not down a chimney up?

**A:** An umbrella

**Q:** One night, a butcher, a baker and a candlestick maker came to town, they stayed 1 night and 4 people left the next day. How is this?

**A:** One Knight, a butcher, baker and candlestick maker

**Q:** A man rides into town on Monday, stays 3 days and leaves on Monday, how is this?

**A:** His horse is called Monday

**Q:** What belongs to you but other people use it more than you?

**A:** Your name

**Q:** Which word, if pronounced right is wrong, but if pronounced wrong is right?

**A:** Wrong

**Q:** In which sport do winners move backwards and the losers move forwards?

**A:** Tug of war

**Q:** What starts with an E and ends in an E and usually only contains one letter?

**A:** An envelope

**Q:** What has a head and a tail but no body?

**A:** A coin

**Q:** What can travel around the world while staying in the corner?

**A:** A stamp

**Q:** What kind of room has no windows or doors?

**A:** A mushroom