## LESSON ACTIVITIES

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| **TEAM-BUILDING ACTIVITY** | **ENERGIZER** |
|---|---|
| **TOE TO TOE** | **TIME**: 10 min |

**RESOURCES**

- A large, open space free from obstacles, and
- Masking tape.

**ACTIVITY LAYOUT**

Place the masking tape in a straight line approximately 4.5 m (15 feet) long on the ground.

**ACTIVITY INSTRUCTIONS**

1. Divide the cadets into pairs.
2. Have each pair stand facing each other as if they were standing on a tight rope (on the masking tape line). The cadets are to stand with their right foot in front of the left, with the left foot directly in line with the right and about one foot length behind.
3. Have the cadets move toward each other so the toes of their right feet are touching.
4. Have the cadets grasp right hands in a handshake.
5. Explain the following to the cadets:
   (a) The objective of the activity is to try to bring their partner off balance and try to get them to fall off the tight rope (masking tape).
   (b) At no time may the cadets let go of their partners' hand.
   (c) They are not permitted to use their feet to try to knock their partner off balance. Feet must remain positioned on the line at all times.
   (d) All movements must be made in slow motion. They are not permitted to push or shove their partner. There is to be no sharp, thrusting movements or any sudden shifts in movement.
6. On the start signal, have the cadets try to knock their partner off balance and step off the tight rope (masking tape).
7. As time permits, have the cadets switch partners and attempt the activity again.

**SAFETY**

N/A.

**REFERENCE**

(ISBN 0-934387-05-2) Collard, M. (2005). *No Props: Great Games With No Equipment*. (pp. 77–78). Beverly, MA: Project Adventure, Inc.



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**TEAM-BUILDING ACTIVITY** **ENERGIZER**

**PASS THE BUCK** **TIME**: 10 min

**RESOURCES**

- A large, open space free from obstacles,
- Stopwatch,
- First set of objects for passing (eg, bag of potato chips, air-filled balloon, roll of masking tape, mug, small ball, newspaper, etc), and
- Second set of objects for passing (eg, bag of potatoes, mug full of water, water-filled balloon, pillow, rolled sleeping bag, large ball, large textbook, etc).

**ACTIVITY LAYOUT**

N/A.

**ACTIVITY INSTRUCTIONS**

1. Have the cadets stand in a circle, facing the centre.
2. Assign one cadet as the “point”. This cadet will indicate the beginning and end of each cycle.
3. Explain the following to the cadets:
   (a) The objective of the activity is to pass the set of objects around the circle three times.
   (b) Each time the last object passes the “point” a cycle is complete.
   (c) If an object is dropped, all objects must go back to the “point” to begin again.
   (d) If the objects are successfully passed around the circle three times in one minute, 15 points are awarded. Each additional item that completes a cycle, earns the group one point.
4. Start the activity by passing the objects to the “point” one at a time. At this time, start the stopwatch for one minute.
5. Continue this activity until time has lapsed or the cadets understand the objective of the activity.
6. As time allows, have the cadets follow the directions for the second set of objects.

**SAFETY**

N/A.

**REFERENCE**

(ISBN 0-7879-4835-7) Sugar, S., & Takacs, G. (2000). *Games That Teach Teams*. (pp. 139–142). San Francisco, CA: Jossey-Bass/Pfeiffer.



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| **TEAM-BUILDING ACTIVITY** | **ENERGIZER** |
|---|---|
| **TOE TAG** | **TIME**: 10 min |

**RESOURCES**

A large, open space free from obstacles.

**ACTIVITY LAYOUT**

N/A.

**ACTIVITY INSTRUCTIONS**

1. Divide the cadets into partners.
2. Have each set of partners stand apart from the other cadets.
3. Have the partners stand with their backs to one another.
4. On a start signal, have the cadets spin around in a 180-degree circle and try to “tag” the toe of their partner before they get tagged.
5. Each set of partners should attempt this two to three times.
6. Have the cadets switch partners and try the activity again.

**SAFETY**

Ensure the cadets remember the name of the game is “tag”, not “stomp”.

**REFERENCE**

(ISBN 0-934387-05-2) Collard, M. (2005). *No Props: Great Games With No Equipment*. (p. 97). Beverly, MA: Project Adventure, Inc.



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| **TEAM-BUILDING ACTIVITY** | **ENERGIZER** |
|---|---|
| **TRIANGLE TAG** | **TIME**: 10 min |

**RESOURCES**

A large, open space free from obstacles.

**ACTIVITY LAYOUT**

N/A.

**ACTIVITY INSTRUCTIONS**

1. Have one cadet volunteer to be “it”.
2. Divide the remainder of the cadets into groups of three.
3. Have each group form a circle, holding hands and facing the centre of their circle.
4. Explain the following to the cadets:
   (a) One cadet within each circle will be designated to be tagged – the “tagee”. The other two members of the group will be that cadet’s protectors.
   (b) On a start signal, the cadet who is “it” must try to tag the cadet within the circle who is designated the “tagee”.
   (c) The cadets are to protect the “tagee” by spinning in circles to avoid the cadet who is “it”.
   (d) If a cadet is tagged, they will become “it” and the former cadet who was “it” will join the group with a new cadet being designated the “tagee”.
   (e) After a couple of minutes if the same cadet is still “it” change the roles of the cadets and give someone else an opportunity to be “it”.
5. On a start signal, have the cadets begin to spin to avoid the cadet designated as “it”.

**SAFETY**

N/A.

**REFERENCE**

(ISBN 0-934387-05-2) Collard, M. (2005). *No Props: Great Games With No Equipment*. (p. 98). Beverly, MA: Project Adventure, Inc.



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| **TEAM-BUILDING ACTIVITY** | **ENERGIZER** |
|---|---|
| **WHAT CAN YOU DO WITH THIS?** | **TIME**: 10 min |

**RESOURCES**

- A large, open space,
- An odd object (eg, staple remover, kitchen tongs, kitchen strainer, plastic container, etc),
- Paper, and
- Pens/pencils (one per group).

**ACTIVITY LAYOUT**

N/A.

**ACTIVITY INSTRUCTIONS**

1. Divide the cadets into two groups.
2. Distribute a piece of paper and a pen/pencil to each group.
3. Explain the following to the cadets:
   (a) Once they see an item they will have to list as many possible uses for the object as they can.
   (b) They will have a time limit of five minutes to make the list.
   (c) After the time is up both groups are to come back together and the lists will be discussed as a full group.
4. Pull the object out of the bag and have the cadets begin their lists.
5. After five minutes, have the groups come together and present their lists to the other groups.

**SAFETY**

N/A.

**REFERENCE**

(ISBN 0-9662341-6-2) Jones, A. (1999). *Team-Building Activities for Every Group*. (p. 25). Richland, WA: Rec Room Publishing.



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| **TEAM-BUILDING ACTIVITY** | **ICEBREAKER** |
|---|---|
| **PERSONAL TRIVIA** | **TIME**: 10–15 min |

**RESOURCES**

- A large, open space free from obstacles,
- Index cards (one per cadet),
- Paper (one sheet per cadet), and
- Pens/pencils (one per cadet).

**ACTIVITY LAYOUT**

N/A.

**ACTIVITY INSTRUCTIONS**

1. Distribute an index card and a pen/pencil to each cadet.
2. Have each cadet write the following on their index card:
   (a) their name, and
   (b) five little-known facts about themselves (eg, favourite movie, favourite singer/band, favourite television show, favourite restaurant, favourite sport, etc).
3. Collect all of the index cards.
4. Distribute a piece of paper to each cadet.
5. Read out each index card, one at a time, and have each cadet write down the name of the cadet whose card they think was read.
6. After the last card was read, have the cadets read out their guesses and identify which cadets guessed them correctly.

**SAFETY**

N/A.

**REFERENCE**

(ISBN 0-9662341-6-2) Jones, A. (1999). *Team-Building Activities for Every Group*. (p. 26). Richland, WA: Rec Room Publishing.



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**TEAM-BUILDING ACTIVITY** **ICEBREAKER**

**ESP** **TIME**: 10–15 min

**RESOURCES**

A large, open space free from obstacles.

**ACTIVITY LAYOUT**

N/A.

**ACTIVITY INSTRUCTIONS**

1. Demonstrate three physical gestures that will be used for the activity. The three gestures should be from a similar category. For example, three of the following sports-related gestures could be chosen:
   (a) swimming;
   (b) swinging a golf club;
   (c) swinging a baseball bat;
   (d) shooting a hockey puck; or
   (e) kicking a soccer ball.
2. Divide the cadets into pairs.
3. Have the cadets practice these gestures a couple of times.
4. Have the pairs line up back to back in a straight line with plenty of room between each set of pairs.
5. Explain the following to the cadets:
   (a) The objective of the activity is to try to perform the same gesture as your partner, without any clues, as many times as possible.
   (b) On a start signal from the leader, the cadets will turn around and face their partner while performing one of the three given gestures.
   (c) After completing each gesture, the partners will stand back to back again without giving any clues to each other as to the next gesture they will perform.
   (d) The cadets will continue to do this on each start signal from the leader until the time is complete.
   (e) The cadets should count how many times they successfully performed the same gesture as their partner.
   (f) Upon completion of the activity, have each group state how many times they were successful.
6. On a given start signal have the cadets turn around to face their partner while performing one of the gestures.
7. Have the cadets continue this until the time has lapsed.
8. Have the cadets state how many times they were successful at performing the same gesture as their partner on completion of the activity.

**SAFETY**

N/A.

**REFERENCE**

(ISBN 0-934387-05-2) Collard, M. (2005). *No Props: Great Games With No Equipment*. (pp. 57–58). Beverly, MA: Project Adventure, Inc.



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| **TEAM-BUILDING ACTIVITY** | **ICEBREAKER** |
|---|---|
| **ONE COMMON GOAL** | **TIME**: 10–15 min |

**RESOURCES**

- A large, open space,
- Paper (one sheet per pair), and
- Pens/pencils (one per pair).

**ACTIVITY LAYOUT**

N/A.

**ACTIVITY INSTRUCTIONS**

1. Divide the cadets into pairs.
2. Distribute a piece of paper and a pen/pencil to each pair.
3. Explain that each pair is to think of as many common traits (eg, hair colour, number of siblings) between them as they can and write them on the piece of paper.
4. After approximately six minutes, have the cadets come together as a group and present their common traits one pair at a time.

**SAFETY**

N/A.

**REFERENCE**

(ISBN 0-9662341-6-2) Jones, A. (1999). *Team-Building Activities for Every Group*. (p. 31). Richland, WA: Rec Room Publishing.



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