COMMUNICATION, PROBLEM-SOLVING AND TRUST-BUILDING

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TEAM-BUILDING ACTIVITY	**COMMUNICATION**
SNOWFLAKE	**TIME**: 15 min

RESOURCES

8-1/2 x 11 inch sheet of white paper (one per cadet).

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Distribute a piece of paper to each cadet.
2. Explain that the cadets are to individually follow the directions you are about to give without asking questions or seeking clarification.
3. Give the following directions quickly, with no clarification:
   (a) Fold the paper in half and tear off a top corner.
   (b) Fold it in half again and tear off the top corner.
   (c) Fold it in half again and tear off the left corner.
   (d) Rotate the paper to the right three times and tear off the bottom corner.
   (e) Fold it in half again and tear off the middle piece.
4. Instruct the group to unfold their papers and compare their snowflakes with those around them. They will find that their snowflakes may or may not match others depending on how the instructions were understood.

SAFETY

N/A.

REFERENCE

(ISBN 1-57542-265-4) MacGregor, M. G. (2008). *Team-Building With Teens*. (pp. 67–68). Minneapolis, MN: Free Spirit Publishing Inc.

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TEAM-BUILDING ACTIVITY **COMMUNICATION**

BACK-TO-BACK **TIME**: 10–15 min

RESOURCES

- Paper,
- Pens/pencils (one per group), and
- Drawings (two per group).

ACTIVITY LAYOUT

Photocopy both drawings for each group.

ACTIVITY INSTRUCTIONS

1. Divide the cadets into pairs. Have each pair sit back to back.
2. Distribute a copy of Drawing 1, (Figure 3P-1), to one cadet from each pair. Distribute a piece of paper and pen/pencil to the other cadet.
3. On the signal to start, the cadet with the drawing is to guide their partner to draw the figure without letting them see the original. The cadets are to use symbols and metaphors to describe the drawing, but not geometrical shapes. For example, the cadet cannot say draw a square or circle.
4. Allow the cadets approximately five minutes to draw the figure. When the time is up, have the cadets compare the drawing to the original drawing.
5. Have the cadets reverse roles. Distribute a copy of Drawing 2, (Figure 3P-2), to the cadet who drew first and a piece of paper and a pen/pencil to the other cadet. Repeat Steps 3. and 4.

SAFETY

N/A.

REFERENCE

(ISBN 0-07-059532-1) Snow, H. (1997). *Indoor/Outdoor Team-Building Games for Trainers*. (pp. 95–97). New York, NY: McGraw-Hill.

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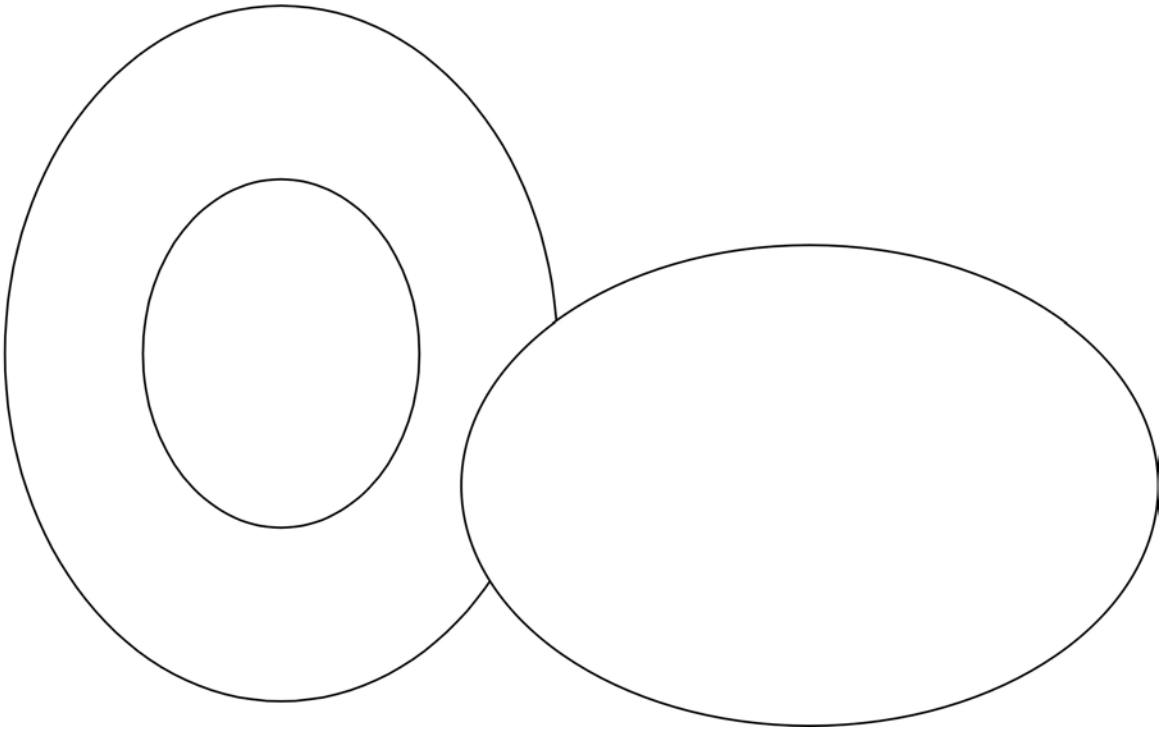
DRAWING 1



Director Cadets 3, 2008, Ottawa, ON: Department of National Defence

Figure P-1 Drawing 1

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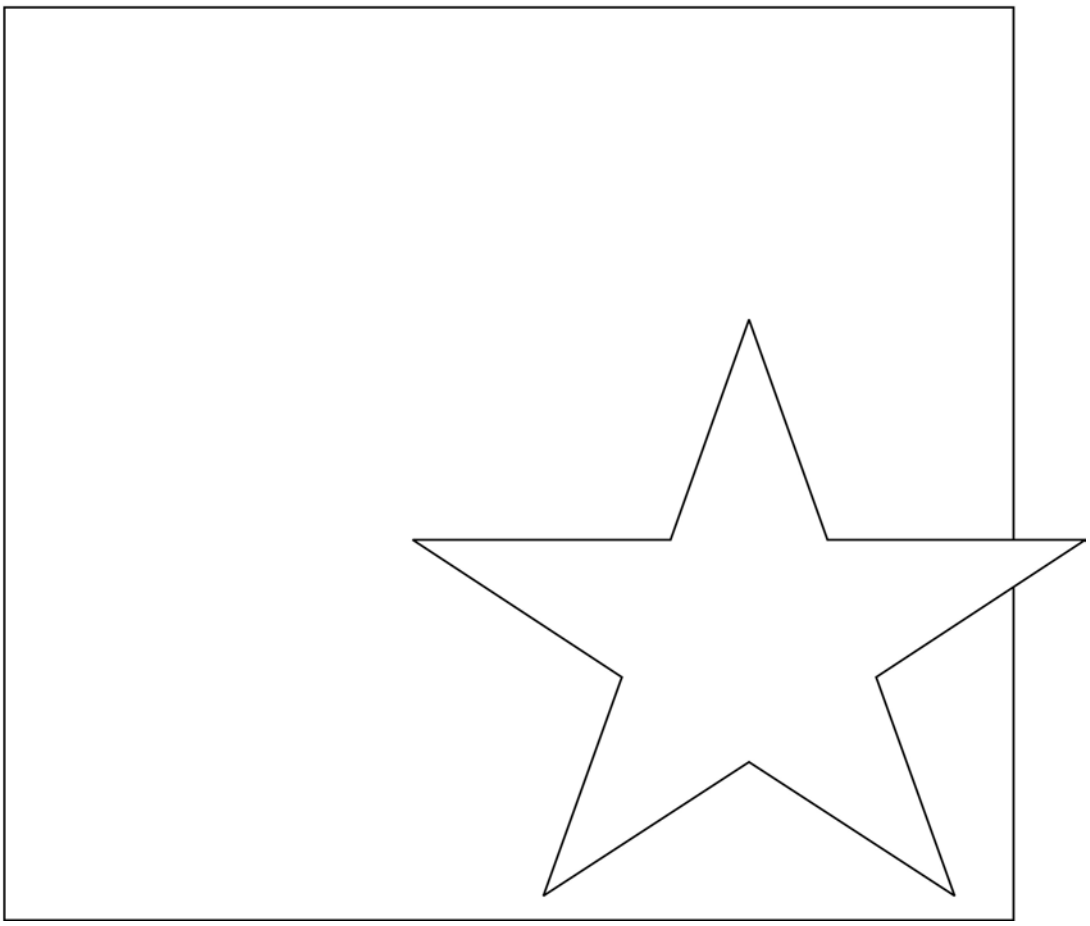
DRAWING 2



Director Cadets 3, 2008, Ottawa, ON: Department of National Defence

Figure P-2 Drawing 2

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TEAM-BUILDING ACTIVITY	**COMMUNICATION**
GROUP CONSTRUCTION	**TIME**: 15 min

RESOURCES

- A large, open space free from obstacles, and
- Toothpicks/popsicle sticks/straws (10 per cadet).

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Have the cadets sit in a semicircle with their backs to the centre. Ensure they are spread out enough that they cannot see the toothpicks/popsicle sticks/straws of the cadets near them.
2. Inform the cadets that they are not allowed to speak or look at the other cadets' design throughout the activity.
3. Distribute 10 toothpicks/popsicle sticks/straws to each cadet, including yourself.
4. As the "construction manager" you will build a design on the floor one toothpick/popsicle stick/straw at a time.
5. After placing each toothpick/popsicle stick/straw on the ground, verbally guide the cadets to place their toothpicks/popsicle sticks/straws in the same position.
6. When you have placed all 10 toothpicks/popsicle sticks/straws into a design, the designs of the cadets' should mimic your design.
7. Upon completion of the activity, look at the cadets' designs to see how close they are to the original.

SAFETY

N/A.

REFERENCE

(ISBN 0-7360-5088-4) Midura, D. W., & Glover, D. R. (2005). *Essentials of Team Building*. (p. 54). Champaign, IL: Human Kinetics.

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TEAM-BUILDING ACTIVITY	**COMMUNICATION**
WHERE DO I GO?	**TIME**: 10–15 min

RESOURCES

- A large, open space free from obstacles,
- Two small objects (eg, coins, paper clips, toothpicks, etc), and
- Blindfold.

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Ask one cadet to volunteer to go first in the activity.
2. Have the remainder of the cadets sit in a circle approximately 3 m (10 feet) in diameter.
3. Blindfold the volunteer and have them stand in the middle of the circle.
4. Have a member of the group place the two small objects on the ground, inside the circle, close enough together that the volunteer can simultaneously cover one object with each foot.
5. On a start signal, each group member, one at a time, can give one direction to the volunteer (eg, “Move your left foot forward 6 inches.”).
6. Each member can give just one direction with the intent of getting the volunteer to cover one object with each foot.
7. As time permits, have more cadets volunteer to participate as the cadet in the middle of the circle.

SAFETY

Ensure cadets look out for the safety of the cadet in the centre of the circle.

REFERENCE

(ISBN 0-7360-5088-4) Midura, D. W., & Glover, D. R. (2005). *Essentials of Team Building*. (p. 58). Champaign, IL: Human Kinetics.

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TEAM-BUILDING ACTIVITY	**COMMUNICATION**
MISSING BUCKET	**TIME**: 10–15 min

RESOURCES

- A large, flat and open space free from obstacles,
- Rope/pylons to mark boundaries,
- Blindfolds (one per every two cadets),
- 20 L (five gallon) bucket,
- 4 L (one gallon) jug,
- Plastic drinking cups (enough for half the cadets), and
- 8–10 objects to use as obstacles.

ACTIVITY LAYOUT

- Place the rope/pylons to create an area that is approximately 3.5 m (10–12 feet) wide and 7.5 m (25 feet) long.
- Set up obstacles throughout the course in a random pattern.
- Fill the 20 L (five gallon) bucket with water and place it at the start line.
- Place the empty 4 L (one gallon) container (the receiving container) at the finish line.
- Place the plastic drinking cups at the start line.

ACTIVITY INSTRUCTIONS

1. The goal of the activity is for a group of blindfolded cadets to be verbally led through the obstacle course by the non-blindfolded cadets while transferring water. The blindfolded cadets are to transfer the water in the bucket to the receiving container at the finish line without moving the buckets.
2. Cadets are to avoid the obstacles as they proceed through the course.
3. Non-blindfolded cadets are not allowed to touch the bucket, the receiving container or the drinking cups.
4. If anyone breaks a rule or steps on an obstacle, that cadet must return to the starting line without emptying their water into the receiving container.
5. The activity is complete when the receiving container is filled to the designated mark.

SAFETY

The cadets must ensure the safety of the blindfolded cadets at all times throughout this activity.

REFERENCE

(ISBN 0-7360-5088-4) Midura, D. W., & Glover, D. R. (2005). *Essentials of Team Building*. (pp. 126–127). Champaign, IL: Human Kinetics.

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TEAM-BUILDING ACTIVITY **COMMUNICATION**

CHARADE LINE **TIME**: 15 min

RESOURCES

A large, open space free from obstacles.

ACTIVITY LAYOUT

Create sample situations for the activity if you wish to use different ones than the samples given here.

ACTIVITY INSTRUCTIONS

1. Divide the cadets in two groups.
2. Have the first group come to the front (performance area) and the second group be the audience.
3. Explain the activity to the cadets, to include:
   (a) Line up facing the back of the cadet in front of you.
   (b) Act out a situation for the cadet in front of you without using any verbal communication.
   (c) That person will act out the situation for the next person in line and so forth down the line.
4. Have the group in the performance area line up with their backs to you. Tap the first cadet on the shoulder and have them turn around.
5. Act out a situation. For example, you may mime the following:
   (a) you walk in swinging a bag in your hand;
   (b) you pull up a chair and have a seat;
   (c) you take a fishing rod out of the bag and cast your line;
   (d) you pull in the line when you feel a tug on it;
   (e) you find a rubber boot on your line instead of a fish; and
   (f) you dump the water out of the boot, put it on your foot and leave.
6. That cadet then taps the next cadet, acts out the same situation and so forth down the line. Expect the situation being acted out to change as it passes through the line.
7. The group of cadets acting as the audience may laugh but not offer any advice or guidance.
8. Once the last cadet has observed the situation they should act it out for you and the initial cadet and the entire group should watch while you perform the original situation once more.
9. Have the groups reverse roles so the original audience becomes the actors and vice versa. Have the cadets repeat Steps 4.to 8. with a new situation. For example, you may mime the following:
   (a) you pull a lottery ticket out of your back pocket;
   (b) you pull out a chair and sit;
   (c) you pull a newspaper out of a bag;
   (d) you check the numbers on your lottery ticket with the numbers on the newspaper; and
   (e) you realize all the numbers match and jump up and down in amazement!

SAFETY

N/A.

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REFERENCE

(ISBN 0-934387-05-2) Collard, M. (2005). *No Props: Great Games With No Equipment*. (pp. 202–203). Beverly, MA: Project Adventure, Inc.

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TEAM-BUILDING ACTIVITY **COMMUNICATION**

THE ROCK **TIME**: 15 min

RESOURCES

- A large, open space free from obstacles, and
- Small rock (must be small enough to be concealed in a fist).

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Have the cadets stand in a circle, facing the centre.
2. Have the cadets close their eyes and stand with both of their hands clenched behind their backs.
3. Explain that if they would like to be the cadet holding the rock, they must open one fist into a cupped position, ready to receive the rock. Cadets not wishing to hold the rock should remain with their hands clenched. Once a cadet receives the rock they are to clench their hand into a fist.
4. Walk around the circle, as quietly as possible and place the small rock into one of the open hands.
5. Continue around the circle to the point from which you started.
6. Have all cadets clench their hands, open their eyes and sit in the circle, keeping their hands clenched at all times.
7. Every person, including the one holding the rock, will have a chance to guess who is holding the rock.
8. After a minute of everyone looking around the circle, allow the group to start making guesses. There is to be no talking among the cadets.
9. Ask for a volunteer to guess first. If a cadet guesses wrong they are not allowed to guess again.
10. Each cadet is given an opportunity to make one guess until the rock holder is discovered.

SAFETY

N/A.

REFERENCE

(ISBN 0-934387-05-2) Collard, M. (2005). *No Props: Great Games With No Equipment*. (pp.189–190). Beverly, MA: Project Adventure, Inc.

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TEAM-BUILDING ACTIVITY **COMMUNICATION**

KING/QUEEN FROG **TIME**: 15 min

RESOURCES

- A large, open space free from obstacles, and
- Poly spots/chairs (one per cadet).

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Have the cadets sit in a circle, facing the centre. Mark each position with spots or chairs.
2. Every cadet must have a unique action that represents an animal. For example:
   (a) a gorilla beating on their chest;
   (b) a monkey scratching their armpits;
   (c) a bird fluttering their wings;
   (d) a dog wagging their tail;
   (e) a cat grooming their face;
   (f) a snake slithering through the grass;
   (g) a penguin waddling;
   (h) an elephant raising their trunk;
   (i) a rabbit hopping;
   (j) a lobster moving their claws; or
   (k) a chicken clucking.
3. Go around the circle and have each cadet demonstrate their action. You may act as the King/Queen Frog or designate one cadet to hold this position. The action for the King/Queen Frog will be a frog leaping.
4. Each round will start with the King/Queen Frog. That cadet will perform their gesture and then the gesture of another cadet. This cadet must quickly do their action, followed by another cadet's action and so forth.
5. If a cadet is too slow, messes up the action or goes in the wrong sequence the game stops. This cadet will leave their spot and sit directly to the left of the King/Queen Frog. This causes everyone sitting to the right of this cadet to move one seat to the left to fill in the gap.
6. When a cadet moves seats, their action does not move with them, it stays with the seat!
7. The object of the game is to get into the royal throne. This occurs when the King/Queen Frog makes a mistake and everyone in the circle moves one seat to the left.

SAFETY

N/A.

REFERENCE

(ISBN 0-934387-05-2) Collard, M. (2005). *No Props: Great Games With No Equipment*. (pp. 182–183). Beverly, MA: Project Adventure, Inc.

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TEAM-BUILDING ACTIVITY	**COMMUNICATION**
MUTE LINEUP	**TIME**: 15 min

RESOURCES

A large, open space free from obstacles.

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Explain to the group that from this point on they are all mute – no verbal communication is allowed. The cadets are also not to write anything down on paper, flip charts, etc.
2. Have the group line up in a straight line according to set criteria (eg, height, birth date, number of letters in their first/last name, etc).
3. Once the cadets think they are lined up in the correct order, have them sit to signify they are done.
4. Go through the lineup verbally to see if they were able to get in the correct sequence with non-verbal communication.
5. If time permits, have the group line up using different criteria to see if there were any lessons learned from the first attempt.

SAFETY

N/A.

REFERENCE

(ISBN 0-934387-05-2) Collard, M. (2005). *No Props: Great Games With No Equipment*. (pp. 145–146). Beverly, MA: Project Adventure, Inc.

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TEAM-BUILDING ACTIVITY **COMMUNICATION**

MARRIAGE **TIME**: 10–15 min

RESOURCES

- A large, open space free from obstacles, and
- Deck of playing cards (Joker included).

ACTIVITY LAYOUT

Based on the number of cadets in the group, pull out a card for each player. Ensure you have a card for each participant, including one Joker. The other cards must be pairs in the same colour and denomination (eg, three of hearts and three of diamonds, ten of spades and ten of clubs).

If there is an even number of cadets participating in the activity, exclude the Joker.

ACTIVITY INSTRUCTIONS

1. Each cadet is given a card and asked not to show it to anyone.
2. Explain that the cadets are to find the person in the room that has their matching card based on colour and denomination (eg, the queen of hearts would be looking for the queen of diamonds).
3. Explain that the cadets are not allowed to show their card at any time and are not allowed to say colours or numbers.
4. Have the cadets try to find their match. They may use words such as “I have a fire engine coloured card and like shiny objects in rings” to determine they have a red card that is a diamond.
5. When pairs think they have found each other they are to link arms and wait for the other participants to finish.
6. The Joker in the room is to do the same thing throughout the activity but will not be able to find their partner as there is only one Joker in the group leaving them as the unmarried card at the end of the activity.

SAFETY

N/A.

REFERENCE

(ISBN 0-7575-4094-5) Cummings, M. (2007). *Playing With a Full Deck: 52 Team Activities Using a Deck of Cards*. (p. 93). Dubuque, IA: Kendall/Hunt Publishing Company.

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TEAM-BUILDING ACTIVITY	**COMMUNICATION**
THAT AIN'T ME!	**TIME**: 10–15 min

RESOURCES

A large, open space free from obstacles.

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Divide the cadets into pairs.
2. Explain that each cadet will have to mime three things about themselves to their partner enabling their partner to later verbally introduce them to the remainder of the group.
3. The cadets are not allowed to use any form of verbal communication. Cadets should be given approximately three minutes to mime their information to their partner.
4. Cadets can mime things such as:
   (a) part-time jobs,
   (b) favourite school subject,
   (c) favourite hobby/pastime, and
   (d) favourite movie/television show.
5. Once everyone has had time to mime their information, gather the group. Each cadet will then have to verbally introduce their partner based on the information that was mimed.
6. If cadets introduce something that was misinterpreted from the mime, their partner should state, "That ain't me!". This activity is complete when all the cadets have introduced their partners.

SAFETY

N/A.

REFERENCE

(ISBN 0-934387-05-2) Collard, M. (2005). *No Props: Great Games With No Equipment*. (pp. 52–53). Beverly, MA: Project Adventure, Inc.

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TEAM-BUILDING ACTIVITY	**COMMUNICATION**
BLIND SHAPES	**TIME**: 15 min

RESOURCES

- A large, open space free from obstacles,
- Blindfolds (one per cadet), and
- Length of rope long enough for all cadets to hold on to at once.

ACTIVITY LAYOUT

Tie the end of the rope in a knot.

ACTIVITY INSTRUCTIONS

1. Have the cadets stand in a circle and blindfold each of them.
2. Place the length of rope on the ground near the feet of the cadets. Explain that the first thing they will have to do is find the rope and pick it up. The cadets are allowed to verbally communicate throughout this activity.
3. Tell the cadets to form a square. After a few minutes, ask the cadets if they think they have formed the square. If they say no, allow them to continue, even if they already are in a square. If they say yes, allow them to remove their blindfolds and look at the shape they have formed.
4. Continue with other shapes (eg, triangles, rectangles, ovals, etc) as time allows.

SAFETY

Ensure the safety of all blindfolded cadets.

REFERENCE

(ISBN 0-7872-0107-3) (1995). *Youth Leadership in Action*. (pp. 63–64). Dubuque, IA: Kendall/Hunt Publishing Company.

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TEAM-BUILDING ACTIVITY	**COMMUNICATION**
WINK	**TIME**: 15 min

RESOURCES

A large, open space free from obstacles.

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Have the cadets sit in a circle facing the centre.
2. Explain that there is a mystery “winker” among the group, but not even that cadet knows who it is yet.
3. Have the cadets close their eyes. Secretly assign the “winker” by tapping them on the shoulder.
4. Explain that the cadets must mingle with all the others and greet each other. The “winker” will be secretly winking at cadets to get them out of the game.
5. Explain that the cadets must wait at least 10 seconds before sitting after they have been winked at by the “winker”. Cadets who have been winked at are to be seated while others continue to mingle.
6. If a cadet who is still in the game suspects someone of being the “winker,” they may raise a hand and announce, “I accuse”. Stop the proceedings and ask if there is a seconder, who is a second cadet who suspects they know who the “winker” may be. If there is no seconder the game will continue.
7. If a seconder speaks up, the facilitator is to count to three and each accuser must point directly to the person they believe is the “winker”. If they each point to a different person, regardless if one of them is correct, they are both out of the game. If they point to the same wrong person, they are both out of the game. If they are correct the activity is over.
8. The activity continues until either everyone is out or two people make a successful accusation.

SAFETY

N/A.

REFERENCE

(ISBN 0-934387-05-2) Collard, M. (2005). *No Props: Great Games With No Equipment*. (pp. 179–180). Beverly, MA: Project Adventure, Inc.

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TEAM-BUILDING ACTIVITY	**COMMUNICATION**
MINEFIELD	**TIME**: 15 min

RESOURCES

- A large, open space free from obstacles,
- Large quantity of small balls (eg, tennis balls, golf balls, ping pong balls, etc),
- Stopwatch, and
- Blindfolds (two).

ACTIVITY LAYOUT

- Place the balls around the floor in a random pattern.
- Mark off a start and a finish line.

ACTIVITY INSTRUCTIONS

1. Ask for two volunteers and blindfold them.
2. Divide the cadets in two groups. Have each group of cadets place themselves evenly throughout the “minefield”. One group will be responsible for verbally guiding the first blindfolded cadet through the “minefield”. The second group will be responsible for verbally guiding the second blindfolded cadet to try to tag the first blindfolded cadet.
3. Explain that the first blindfolded cadet will be the “sidewinder”. This cadet is to aim for the finish line and will be verbally guided through the “minefield” by their group. If the “sidewinder” touches a “mine” (ball) on their way through the “minefield” they must swing both of their arms in a full circle 10 times, counting each revolution aloud.
4. One minute after the “sidewinder” is released into the minefield, launch the second blindfolded cadet, the “missile” into the “minefield”. The “missile’s” team is to guide them to try to tag the “sidewinder”.
5. If the “missile” tags the “sidewinder” prior to them reaching the finish line, the mission is complete.

SAFETY

Ensure the safety of the blindfolded cadets at all times throughout the duration of the activity.

REFERENCE

(ISBN 0-8403-5682-X) Rohnke, K. (1984). *Silver Bullets: A Guide to Initiative Problems, Adventure Games and Trust Activities*. (p. 24). Dubuque, IA: Kendall/Hunt Publishing Company.

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TEAM-BUILDING ACTIVITY	**COMMUNICATION**
CATEGORIES TWIST	**TIME**: 15 min

RESOURCES

A large, open space free from obstacles.

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Divide the cadets into groups of three.
2. Have each group go to a quiet area away from the other groups. Allow approximately four minutes for the group to come up with as many categories as possible of things they have in common – the odder the better (eg, they have all seen a zebra).
3. Each group will have to share three things with the rest of the group. One item should not be true.
4. Have everyone come back to a common meeting place in the room and sit.
5. Have each group, one at a time, come to the front and state their three commonalities with a straight face.
6. The remaining groups are to decide which commonality is not true. This activity will allow the cadets to start reading people's non-verbal communication skills.

SAFETY

N/A.

REFERENCE

(ISBN 0-934387-05-2) Collard, M. (2005). *No Props: Great Games With No Equipment*. (p. 178). Beverly, MA: Project Adventure, Inc.

Unofficial convenience copy of A-CR-CCP-803/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-803-PF-001/A-CR-CCP-803-PF-001.pdf.
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TEAM-BUILDING ACTIVITY	**COMMUNICATION**
NEGOTIATION	**TIME**: 15 min

RESOURCES

A large, open space free from obstacles.

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Divide the cadets into three or four small groups (depending on the number of cadets).
2. Explain that each group will go to an area where the other groups can not see them and decide on a physical gesture that they will later have to reveal to the rest of the cadets. Examples of gestures may include:
   (a) waving their hands in the air;
   (b) jumping up and down;
   (c) performing jumping jacks;
   (d) flapping their arms like a bird;
   (e) spinning around in a circle; or
   (f) rubbing their stomachs while patting their heads.
3. After approximately three minutes, have each group come back to the centre of the training area, and stand in a position where every other group can seem them. Explain that the cadets are no longer allowed to use any verbal communication.
4. On the word “go” have every cadet in each group simultaneously demonstrate their group’s gesture for the remainder of the cadets.
5. Explain that the cadets are to now decide on one gesture among all the groups. Remember that the cadets are not allowed to communicate verbally throughout the remainder of this activity.
6. The goal is to see how many times it will take to get every group doing the same gesture without any verbal communication. The gesture may be one from of the groups or a combination of the gestures.

SAFETY

N/A.

REFERENCE

(ISBN 0-934387-05-2) Collard, M. (2005). *No Props: Great Games With No Equipment*. (pp. 150–151). Beverly, MA: Project Adventure, Inc.

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TEAM-BUILDING ACTIVITY	**PROBLEM-SOLVING**
MAGIC CARPET	**TIME**: 15 min

RESOURCES

- A large, open space free from obstacles, and
- Piece of plastic or material approximately 1.2 m (4 feet) by 1.5 m (5 feet).

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Explain that everyone must stand on the magic carpet and that everyone must maintain contact with the magic carpet at all times throughout the activity.
2. Explain that the group is on a magic carpet ride high above the CSTC when suddenly you discover that you are travelling in the wrong direction because the magic carpet is upside down.
3. Have the cadets turn the magic carpet over without stepping off. Every cadet must maintain contact with the magic carpet at all times.

SAFETY

Ensure all cadets maintain contact with the magic carpet. This will prevent cadets from being picked up or carried on shoulders.

REFERENCE

(ISBN 0-7872-4532-1) Cain, J., & Jolliff, B. (1998). *Teamwork & Teamplay*. (pp. 125–126). Dubuque, IA: Kendall/Hunt Publishing Company.

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TEAM-BUILDING ACTIVITY	**PROBLEM-SOLVING**
RAFT	**TIME**: 15 min

RESOURCES

- A large, open space free from obstacles, and
- Piece of tarp/plywood approximately 1.2 m (4 feet) by 1.2 m (4 feet) depending on the size of the group (should be just large enough for all of the cadets to fit on).

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Explain to the cadets that their cruise ship has hit a reef and they are required to abandon ship.
2. Explain that there are a number of sharks in the water nearby and the group must all get aboard the life raft in order to be rescued by the Coast Guard. The rescue helicopter can only pick them up if no one is in the water (touching the ground) for at least 20 seconds.
3. The objective is for all the cadets to remain on the life raft for at least 20 seconds in order for the rescue helicopter to come to the rescue.
4. Have the cadets participate in the activity.

SAFETY

Ensure the safety of all cadets while on the raft.

REFERENCE

(ISBN 0-07-059532-1) Snow, H. (1997). *Indoor/Outdoor Team-Building Games for Trainers*. (pp. 113–115). New York, NY: McGraw-Hill.

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TEAM-BUILDING ACTIVITY	**PROBLEM-SOLVING**
MOONWALK	**TIME**: 15 min

RESOURCES

- A large, open space free from obstacles,
- Hula hoops (minimum of eight), and
- Large rubber bands or pieces of soft fabric (one per every two cadets).

ACTIVITY LAYOUT

Place eight or more hula hoops randomly on the ground no more than a foot apart.

ACTIVITY INSTRUCTIONS

1. Have the cadets assemble on one end of the hula hoops. Place the rubber bands around their ankles, connecting them to each other so that the cadets have to move together as a team.
2. Explain that they must move from one hoop to the next without stepping outside.
3. Explain that if someone steps outside a hoop the team must go back to the start and begin again, attempting to communicate and decide how to best move through the hula hoops.
4. The goal is for the cadets to communicate and problem solve the best method of travelling through the hula hoops from the beginning to the end.
5. Have the cadets participate in the activity.

SAFETY

Ensure the rubber bands are large enough not to be too tight on the cadets' ankles.

REFERENCE

(ISBN 0-07-059532-1) Snow, H. (1997). *Indoor/Outdoor Team-Building Games for Trainers*. (pp. 123–124). New York, NY: McGraw-Hill.

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TEAM-BUILDING ACTIVITY **PROBLEM-SOLVING**

BALANCE BEAM **TIME**: 15 min

RESOURCES

- A large, open space on grass or soft ground,
- 3 m (10 feet) plank of wood approximately 5 cm (2 inches) thick and 20 cm (8 inches) wide,
- Cinder block,
- Surveyor's tape, and
- Eggs (as per Step 2. in Activity Instructions).

ACTIVITY LAYOUT

- Set up the plank of wood so it is balanced in the middle on the cinder block.
- Mark a "V" on the ground in front of the cinder block with the surveyor's tape (as illustrated in Figure 3P-3).

ACTIVITY INSTRUCTIONS

1. Stand on the plank while you brief the team. Demonstrate how a slight shift in weight causes the plank to turn into a see-saw.
2. Explain that all of the cadets are to mount the plank, one at a time, from between the "V" marked on the ground, balance the plank as a group for a minimum of 10 seconds, and dismount, one at a time, between the "V" without causing either end of the plank to touch the ground – an egg can be laid under each end to ensure the plank has not touched the ground on either end.
3. Allow the cadets approximately five minutes to plan a strategy. Explain that once the cadets begin to mount the plank, there will be no more verbal communication.
4. The activity is complete when all of the cadets have successfully stepped off the plank into the "V".

SAFETY

- Ensure the activity is set up on grass or soft ground. In situations where this is not possible, have gym mats set up on either side of the plank.
- Have one or two assistant instructors to spot the cadets on the plank.
- Caution the cadets that if they are about to lose their balance they should step off the plank to avoid causing other cadets to fall or jump.
- Ensure the cadets do not jump off the plank as it could cause it to spin.

REFERENCE

(ISBN 0-07-059532-1) Snow, H. (1997). *Indoor/Outdoor Team-Building Games for Trainers*. (pp. 125–128). New York, NY: McGraw-Hill.

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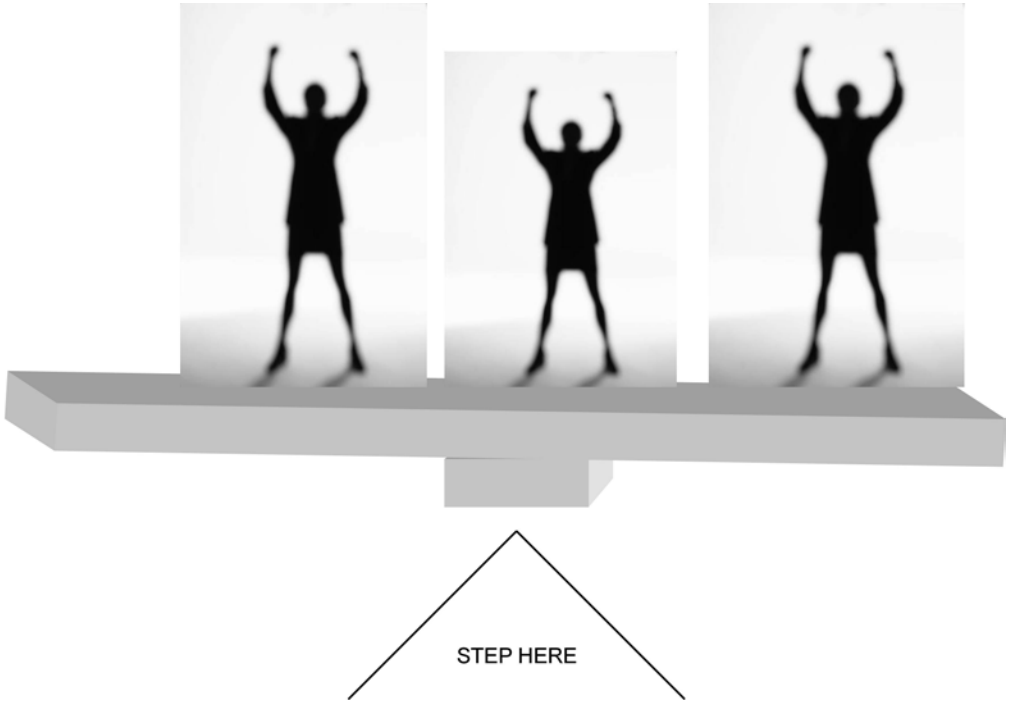

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Figure P-3 Balance Beam Set-Up

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TEAM-BUILDING ACTIVITY	**PROBLEM-SOLVING**
GROUP SEARCH	**TIME**: 15 min

RESOURCES

- A large, open space free from obstacles,
- Masking tape/long piece of cloth (approximately 1.2 m [4 feet] long),
- Blindfolds (one per every two cadets),
- Stopwatch, and
- Three small toys/objects that will fit in a hand (eg, plastic dinosaur, plastic boat, plastic plane, plastic tank, doll, ball, etc).

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Divide the cadets into two groups.
2. Show the first group the three objects they will have to find.
3. Explain that the group, together as a team, will have to find the three objects while blindfolded.
4. Put masking tape or a long piece of cloth around the first group to attach them together.
5. Blindfold the first group of cadets.
6. Place the objects at various places on the ground within approximately 9 m (30 feet) of their location.
7. Have the cadets' move to find the three objects with the verbal assistance of the second group. It is the cadets' goal to decide how best to move about the area without breaking the tape/cloth or removing their blindfolds.
8. As the cadets find each object they are to identify what it is to the leader.
9. Have the groups reverse roles and repeat Steps 2. to 8.
10. Time both groups to see which group found and identified all three objects faster.

SAFETY

Ensure the safety of the cadets who are blindfolded and attached to their team. The cadets in the other group should be watching out for any safety concerns and alerting the blindfolded cadets.

REFERENCE

(ISBN 0-07-059532-1) Snow, H. (1997). *Indoor/Outdoor Team-Building Games for Trainers*. (pp. 133–134). New York, NY: McGraw-Hill.

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TEAM-BUILDING ACTIVITY	**PROBLEM-SOLVING**
TRAFFIC JAM	**TIME**: 15 min

RESOURCES

- A large, open space free from obstacles, and
- Tape or pieces of cardboard/plywood (there should be one more space than the number of cadets).

ACTIVITY LAYOUT

- Mark spaces on the ground (as illustrated in Figure 3P-4) with tape or pieces of cardboard/plywood (there should be one more space than the number of cadets).
- Mark the centre space with an “X” (as illustrated in Figure 3P-4).

ACTIVITY INSTRUCTIONS

1. Divide the cadets into two equal groups.
2. Have each group stand on a space facing the middle space.
3. Explain that the group is to attempt to move past each other so that the group to the right of the ‘X’ ends up on the left and vice versa.
4. Explain the following rules:
   (a) Cadets are not allowed to move around someone facing the same direction as them.
   (b) Cadets are not allowed to move backwards around someone.
   (c) Cadets are allowed to step forward onto an empty space.
   (d) Cadets are allowed to step around someone facing them into an empty space.
5. The activity is complete when all cadets have successfully changed sides.

SAFETY

N/A.

REFERENCE

(ISBN 0-07-059532-1) Snow, H. (1997). *Indoor/Outdoor Team-Building Games for Trainers*. (pp. 149–150). New York, NY: McGraw-Hill.

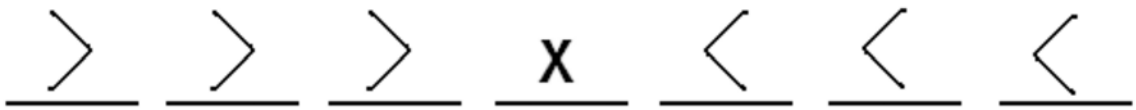

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Figure P-4 Traffic Jam Set-Up

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TEAM-BUILDING ACTIVITY	**PROBLEM-SOLVING**
CIRCLE WARS	**TIME**: 15 min

RESOURCES

- A large, open space free from obstacles, and
- 15 rope circles of varying sizes between 0.3–1 m (1–3 feet) in diameter.

ACTIVITY LAYOUT

Place the circles on the ground approximately 0.3–1 m (1–3 feet) apart from each other.

ACTIVITY INSTRUCTIONS

1. Explain to the cadets that they are to put both of their feet entirely in a circle. More than one cadet can put their feet in a circle at a time.
2. On the word “change” have the cadets, when possible, move to another circle and put their feet entirely in that circle.
3. After each time you say “change”, casually pick up one or two of the circles. This will cause the cadets to move faster as circles disappear.
4. Once you get down to the last one or two circles, remind the cadets that they are not allowed to move them. Remind them that it is problem-solving initiative and they are to work with what they have in order to develop possible solutions.
5. This activity is complete when the cadets all have their feet in the last circle.

SAFETY

N/A.

REFERENCE

(ISBN 0-07-059532-1) Snow, H. (1997). *Indoor/Outdoor Team-Building Games for Trainers*. (pp. 163–165). New York, NY: McGraw-Hill.

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TEAM-BUILDING ACTIVITY	**PROBLEM-SOLVING**
UNTYING KNOTS	**TIME**: 15 min

RESOURCES

- A large, open space free from obstacles, and
- Soft cloth ropes approximately 2.5 m (8 feet) long (one per every cadet).

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Have the cadets stand in a circle approximately 3 m (10 feet) in diameter.
2. Have every cadet hold a piece of rope in their right hand.
3. Explain that the cadets must join their free hand with the ropes of other cadets in the circle. Explain that the cadets are not to hold the rope of a cadet standing next to them.
4. This process continues until all cadets are holding a piece of rope in each hand and are joined to the rope in one cadet's right hand and a different cadet's left hand. This will create a knot in the cadets through the ropes (much like a human knot).
5. Have the cadets untie the knot the ropes have created using the following rules:
   (a) cadets are not allowed to let go of their ropes or change hands with the ropes;
   (b) cadets are to communicate and move around to untie the knot to form a connected circle; and
   (c) cadets may end up facing outward from the circle.

SAFETY

N/A.

REFERENCE

(ISBN 0-7360-5088-4) Midura, D. W., & Glover, D. R. (2005). *Essentials of Team Building*. (pp. 56–57). Champaign, IL: Human Kinetics.

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TEAM-BUILDING ACTIVITY **PROBLEM-SOLVING**

STEPPING STONES **TIME**: 15 min

RESOURCES

- A large, open space free from obstacles, and
- One base (eg, pieces of cardboard/plywood/tape) per cadet plus one extra.

ACTIVITY LAYOUT

Place each base/tape mark in a straight line approximately 30–38 cm (12–15 inches) apart.

ACTIVITY INSTRUCTIONS

1. Have the cadets stand in a specified order of their choosing, on a base each.
2. Have the cadets determine where the extra base goes.
3. The objective is for the team to end up standing in reverse order from their starting position.
4. The following rules apply:
   (a) Only one person may touch a base at a time.
   (b) When moving bases, a cadet may move in either direction to a neighbouring base.
   (c) Cadets may move to a new base only if it is empty.
   (d) The bases cannot be moved.
   (e) Cadets are not allowed to touch the ground during the activity.
   (f) If any one cadet breaks a rule, the entire group must start the task over.

SAFETY

Secure the bases to the ground or use tape so that the bases do not move.

REFERENCE

(ISBN 0-7360-5088-4) Midura, D. W., & Glover, D. R. (2005). *Essentials of Team Building*. (pp. 106–107). Champaign, IL: Human Kinetics.

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TEAM-BUILDING ACTIVITY **PROBLEM-SOLVING**

SWAMP TRAIL **TIME**: 15 min

RESOURCES

- A large, open space free from obstacles,
- Twelve 30-cm (12-inch) bases (eg, cardboard/poly spots/tape),
- Tape, and
- Six beanbags.

ACTIVITY LAYOUT

- Designate a start and finish line approximately 4.5 m (15 feet) apart (the swamp is the area in between the two lines).
- Place the bases in two parallel lines between the start and finish lines.
- Place a beanbag at various distances, between 0.5–1.5 m (2–4 feet) away from bases 2, 3, 5, 7, 9 and 10 (as illustrated in Figure 3P-5).

ACTIVITY INSTRUCTIONS

1. Explain to the cadets that they must cross a swamp as a team, holding hands along the way. Each cadet must make it to the other side without stepping into the swamp or letting go of their team members' hands.
2. Explain that along the way, the cadets are to pick up the beanbags.
3. The following rules apply:
   (a) The team must hold hands for the duration of the activity.
   (b) A cadet who is attempting to pick up a beanbag may let go of their team member's hand but must rejoin hands before moving to a new base.
   (c) No one may touch the swamp during the trip through to the other side.
   (d) Each cadet is permitted to pick up and carry only one beanbag.
4. Have the cadets participate in the activity.

SAFETY

- Ensure the bases are secured to the ground or tape is used so that there is no chance of them slipping.
- Each cadet must ensure the safety of their fellow team members as they cross the swamp.

REFERENCE

(ISBN 0-7360-5088-4) Midura, D. W., & Glover, D. R. (2005). *Essentials of Team Building*. (pp. 166–167). Champaign, IL: Human Kinetics.

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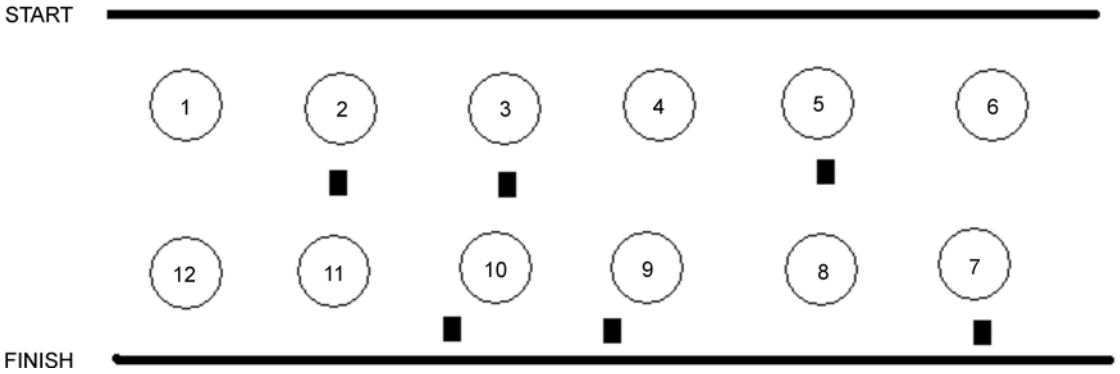

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Figure P-5 Swamp Trail Set-Up

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TEAM-BUILDING ACTIVITY	**PROBLEM-SOLVING**
HUMAN KNOT	**TIME**: 15 min

RESOURCES

A large, open space free from obstacles.

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Have the cadets form a tight circle facing the centre, raise their arms in the air and grasp the hands of two different cadets. The cadets should not be holding hands with the cadets directly on either side of them.
2. Have the cadets untangle themselves without letting go of the other cadets' hands.
3. The activity is complete when the cadets have untied the knot and formed a circle.

SAFETY

The cadets are to ensure the safety of their team members at all times throughout the duration of this activity.

REFERENCE

(ISBN 0-934387-05-2) Collard, M. (2005). *No Props: Great Games With No Equipment*. (pp. 165–166). Beverly, MA: Project Adventure, Inc.

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TEAM-BUILDING ACTIVITY **PROBLEM-SOLVING**

SPIDER'S WEB **TIME**: 15 min

RESOURCES

- A large, open space free from obstacles,
- Poles/trees to tie the spider's web on,
- Rope/twine/para cord (approximately 15 m [50 feet] long), and
- Gym mats (approximately four)/soft ground (eg, grass/sand).

ACTIVITY LAYOUT

Create a spider's web between two poles/trees on soft ground or place gym mats around the area to be used (as illustrated in Figure 3P-6). The spider's web should have more openings than there are number of people. The openings must be shapes and sizes that the cadets can pass through with some ease.

ACTIVITY INSTRUCTIONS

1. Explain that each cadet must pass through a different opening in the spider's web until all cadets have passed from one side to the other.
2. Explain that no cadet may touch the web with any part of the body.
3. The cadets may reach through the web to assist a team member but may not touch the web.
4. Have the cadets participate in the activity.
5. If a cadet touches the web or passes through an opening that another team member has already passed through, that cadet and an already successful team member must go back and attempt the task again.
6. The activity is complete when the entire team has passed successfully through the spider's web to the other side.

SAFETY

- Cadets are not permitted to dive through the openings.
- The cadets must ensure the safety of their team members at all times throughout this activity.

REFERENCE

(ISBN 0-7360-5088-4) Midura, D. W., & Glover, D. R. (2005). *Essentials of Team Building*. (pp. 154–155). Champaign, IL: Human Kinetics.

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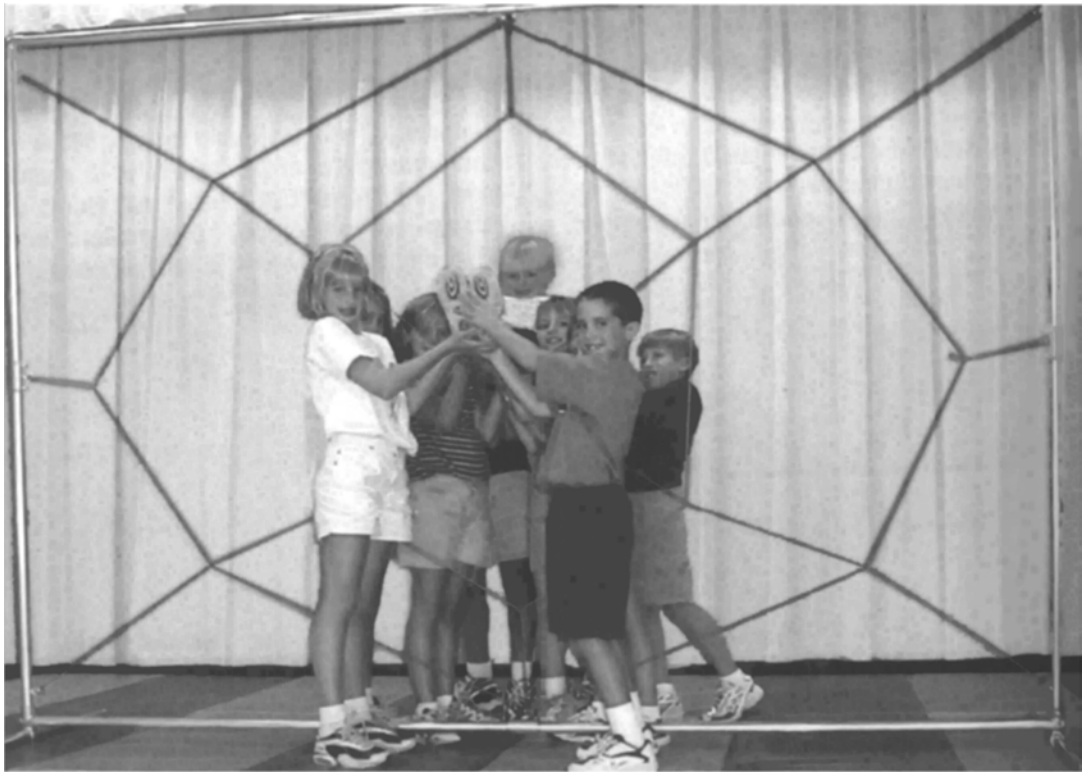

D. W. Midura, & D. R Glover, Essentials of Team Building, Human Kinetics (p. 154)

Figure P-6 Spider Web Set-Up

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TEAM-BUILDING ACTIVITY	**PROBLEM-SOLVING**
CIRCLE CLAP	**TIME**: 10–15 min

RESOURCES

A large, open space free from obstacles.

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Explain that the objective of this activity is for everyone to simultaneously clap hands with the person next to them.
2. Have the cadets form a circle. Choose a cadet to begin and have each cadet clap once in succession.
3. Next, have the cadets attempt to make one solitary clap, all clapping in unison.
4. Once they have achieved this, have the cadets attempt to make one solitary clap – the catch being they cannot clap their own hands together. The cadets must clap their hands with the hands of the cadets on either side of them.
5. This activity is complete when the cadets have successfully made one solitary clap by clapping the hands of the cadets on both sides of them.

SAFETY

N/A.

REFERENCE

(ISBN 0-934387-05-2) Collard, M. (2005). *No Props: Great Games With No Equipment*. (pp. 155–156). Beverly, MA: Project Adventure, Inc.

Unofficial convenience copy of A-CR-CCP-803/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-803-PF-001/A-CR-CCP-803-PF-001.pdf.
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TEAM-BUILDING ACTIVITY	**PROBLEM-SOLVING**
QUICK SHUFFLE	**TIME**: 10–15 min

RESOURCES

A large, open space free from obstacles.

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Divide the cadets into two groups. The cadets should not be evenly divided (eg, if there are 10 cadets, divide them into a group of seven and a group of three).
2. Have the larger group stand in one line, side by side, in front of the smaller group. Note the order of the larger group as a reference at the end of the activity.
3. Have the smaller group look at the lineup of cadets for approximately 10 seconds. Then have the cadets close their eyes until directed to open them. While these cadets have their eyes closed, have the larger group quietly shuffle their positions within the lineup.
4. Tell the smaller group to open their eyes and try to put the lineup back into their original configuration.
5. This activity is complete when the cadets have been put into their original configuration.
6. If the cadets complete this activity quickly, rearrange the groups and repeat Steps 1. to 5.

SAFETY

N/A.

REFERENCE

(ISBN 0-934387-05-2) Collard, M. (2005). *No Props: Great Games With No Equipment*. (p. 147). Beverly, MA: Project Adventure, Inc.

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TEAM-BUILDING ACTIVITY	**PROBLEM-SOLVING**
TALL TOWER	**TIME**: 10–15 min

RESOURCES

- A large, open space free from obstacles, and
- Supplies for each group to build a tower (eg, paper, raw spaghetti noodles, marshmallows, toothpicks, straws, paper clips, paper cups, chewing gum, tape, etc).

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Divide the cadets into groups of two to four cadets.
2. Distribute an equal amount of the supplies to each group.
3. Explain to each group that they are to build the tallest tower they can using only the supplies given to them.
4. Allow the groups approximately seven minutes to build their towers. Have each group display their tower for the other groups.
5. Determine which group has the tallest tower.

SAFETY

N/A.

REFERENCE

(ISBN 0-9662341-6-2) Jones, A. (1999). *Team-Building Activities for Every Group*. (pp. 92–93). Richland, WA: Rec Room Publishing.

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TEAM-BUILDING ACTIVITY **PROBLEM-SOLVING**

SWAMP CROSSING **TIME**: 15 min

RESOURCES

- A large, open space free from obstacles,
- Pieces of cardboard about 30 cm (12 inches) square (two fewer pieces than there are cadets), and
- Three 2-L plastic jugs with lids, and
- Water.

ACTIVITY LAYOUT

- Fill the plastic jugs with water and put the lids on them.
- Designate the start and finish lines for the swamp and place the plastic jugs at the finish.

ACTIVITY INSTRUCTIONS

1. Tell the cadets the following story:
   "Your group is stranded on an island and you need fresh water. The only water is in jugs on the other side of the salt-water, alligator-infested swamp. You must go and get it. You must do this as a group because the island gorillas are on the other side and are protective of their water but are afraid of a large group. You may use these special floating stepping stones (give them one or two fewer pieces of cardboard than there are cadets) that you can move across the water. The stones may be moved only by being picked up and set back down. You may not slide them because this will cause them to sink into the swamp."
2. Explain that the cadets may not make a bridge with the stones but must move the last one to the front in order to advance through the swamp.
3. Have the cadets cross the swamp, get the jugs of water and return safely to the start of the swamp with the jugs.

SAFETY

N/A.

REFERENCE

(ISBN 0-9662341-6-2) Jones, A. (1999). *Team-Building Activities for Every Group*. (pp. 104–105). Richland, WA: Rec Room Publishing.

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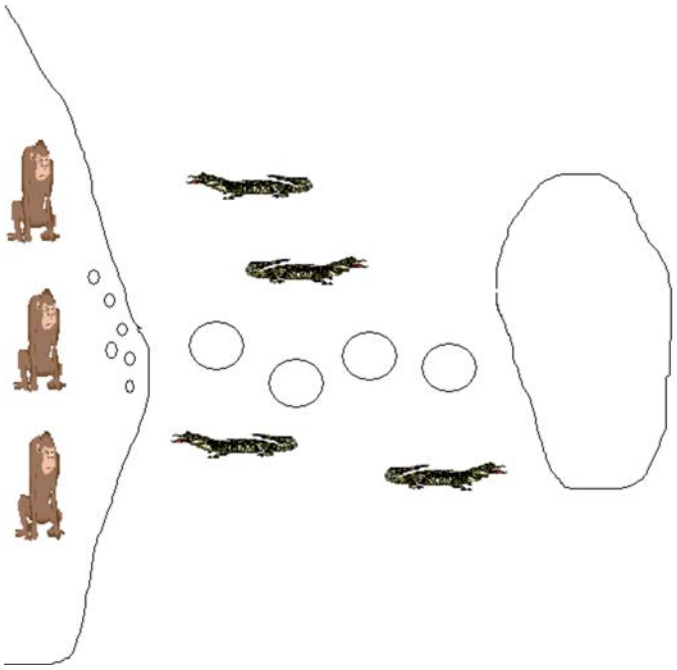

Director Cadets 3, 2008, Ottawa, ON: Department of National Defence

Figure P-7 Swamp Crossing Set-Up

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TEAM-BUILDING ACTIVITY **PROBLEM-SOLVING**

WATER TRANSFER **TIME**: 10–15 min

RESOURCES

- A large, open space free from obstacles,
- Four old bicycle tire inner tubes/three hula hoops,
- Chalk/tape,
- Two large coffee cans, and
- Water.

ACTIVITY LAYOUT

- In a large, open area draw/tape a circle on the ground that is approximately 4.5 m (15 feet) in diameter.
- Place one large coffee can, half-filled with water, in the centre of the circle.

ACTIVITY INSTRUCTIONS

1. Explain to the cadets that they are to get the can of water out of the circle without spilling any of the water.
2. Give the cadets either four old bicycle inner tubes or three hula hoops.
3. Explain that the following rules apply:
   (a) Cadets are not allowed to cross into the circle with any part of their body.
   (b) The extra coffee can may be used for practice before moving the coffee can holding the water.
   (c) Once the cadets have retrieved the can of water they are to pour it into the empty can without the two cans touching.
4. Have the cadets participate in the activity.
5. This activity is complete when the cadets have successfully retrieved the can with water out of the circle and poured it into the second can without spilling any water.

SAFETY

N/A.

REFERENCE

(ISBN 0-9662341-6-2) Jones, A. (1999). *Team-Building Activities for Every Group*. (pp. 114–115). Richland, WA: Rec Room Publishing.

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TEAM-BUILDING ACTIVITY	**PROBLEM-SOLVING**
EGG CONSTRUCTION	**TIME**: 15 min

RESOURCES

- Raw eggs (one per group), and
- Supplies to build an egg protection cover (eg, straws, tape, paper, popsicle sticks, glue, etc).

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Divide the cadets into two groups.
2. Distribute a raw egg and an equal amount of supplies to each group.
3. Have the cadets build an egg protection cover for their egg which will be dropped from a height of at least 2 m (6 feet).
4. Explain that once each group has their covers built they are to gather as a complete group and drop their eggs to see if they break or are protected.
5. Have the groups drop their eggs, one group at a time, to see if they are adequately protected.

SAFETY

N/A.

REFERENCE

(ISBN 0-9662341-6-2) Jones, A. (1999). *Team-Building Activities for Every Group*. (p. 116). Richland, WA: Rec Room Publishing.

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TEAM-BUILDING ACTIVITY **PROBLEM-SOLVING**

WATER CARRY **TIME**: 15 min

RESOURCES

- A large, open space free from obstacles,
- Ten paper cups,
- Cafeteria-style tray, and
- Water, and
- Paper towels/mop.

ACTIVITY LAYOUT

- Fill the 10 paper cups with water, about three-quarters full.
- Place five paper cups at one end of the space and five at the opposite end (the space should be a minimum of 4.5 m [15 feet] apart).
- Place the cafeteria-style tray in the middle of the area (as illustrated in Figure 3P-8).
- Have an extra jug of water to refill cups and paper towel or a mop to clean up spills.

ACTIVITY INSTRUCTIONS

1. Explain that the cadets are to start in the middle of the space where the cafeteria-style tray is placed.
2. Have the cadets retrieve all 10 cups and place them onto the tray without spilling any of the water. The following rules apply:
   (a) Cadets may only get one cup at a time.
   (b) Before getting a second cup from that side of the room, the cadets must travel to the other side of the room with the tray and retrieve a cup from that side.
   (c) When cadets have retrieved all 10 cups of water, they are to place the tray on the floor in the centre of the space.
   (d) Each cadet can only use one foot and one hand for the duration of this activity.
3. Explain that if any water is spilled the whole group must start over.
4. This activity is complete when the 10 cups have been successfully placed on the tray in the centre of the space.

SAFETY

N/A.

REFERENCE

(ISBN 0-9662341-6-2) Jones, A. (1999). *Team-Building Activities for Every Group*. (pp. 146–147). Richland, WA: Rec Room Publishing.

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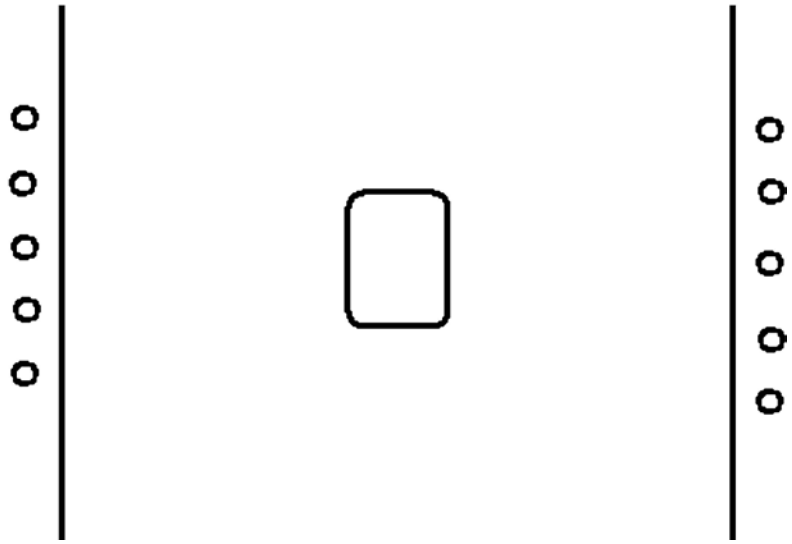

Director Cadets 3, 2008, Ottawa, ON: Department of National Defence

Figure P-8 Water Carry Set-Up

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TEAM-BUILDING ACTIVITY	**TRUST-BUILDING**
CRAZY MAZE	**TIME**: 15 min

RESOURCES

- A large, open space,
- Chairs (minimum of 10),
- Yarn, string or thin rope (approximately 15 m [50 feet] long) for each group, and
- Blindfolds (two).

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Divide the cadets into two groups.
2. Distribute a minimum of five chairs and yarn, string or thin rope to each group.
3. Have the two groups go to separate parts of the training area.
4. Have each group create a maze with the chairs and yarn, string or rope, with as many twists and turns as possible and perhaps even some dead ends along the way.
5. Once each group has completed their maze, have a blindfolded volunteer from each group walk through the other group's maze. The mazes will be completed one at a time.
6. The blindfolded cadet will be verbally led through the maze by their group. Members of the group that constructed the maze may try to confuse the cadet by giving opposing directions. At no time may the groups touch the blindfolded cadet to help them through the maze.

SAFETY

The cadets must ensure the safety of the blindfolded cadets at all times throughout this activity.

REFERENCE

(ISBN 0-9662341-6-2) Jones, A. (1999). *Team-Building Activities for Every Group*. (pp. 136–137). Richland, WA: Rec Room Publishing.

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TEAM-BUILDING ACTIVITY	**TRUST-BUILDING**
EVERYBODY UP	**TIME**: 15 min

RESOURCES

A large, open space free from obstacles.

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Divide the cadets into pairs (the first time this activity is done it may be best to try to pair the cadets by size).
2. Have the cadets sit in two straight lines, facing their partners, with the soles of their shoes pressed against their partner's shoes.
3. Have the cadets grab their partner's hands.
4. On your count, have the cadets try to pull each other up to a standing position without letting go of each other's hands.
5. If time allows, the cadets can switch partners and attempt this activity with a new partner of a different size.

SAFETY

The cadets must ensure the safety of their partners at all times throughout this activity by maintaining a solid grasp of one another and staff members must supervise carefully to ensure proper procedures are being followed.

REFERENCE

(ISBN 0-7872-0107-3) (1995). *Youth Leadership in Action*. (pp. 86–87). Dubuque, IA: Kendall/Hunt Publishing Company.

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TEAM-BUILDING ACTIVITY	**TRUST-BUILDING**
SLICE & DICE	**TIME**: 10–15 min

RESOURCES

A large, open space free from obstacles.

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Have the cadets line up in two separate lines facing each other approximately 1–1.5 m (3.5–5 feet) apart.
2. Select a volunteer to be the first walker.
3. Explain that upon starting the activity the cadets in the lines should start to swing their arms full stretch in front of them in a chopping motion, bringing the arms up and down in succession (as illustrated in Figure 3P-9). This activity should be started slowly and may pick up speed as the cadets get used to the motion.
4. Have the walker walk through the line of swinging arms at a steady pace.
5. As time allows, have as many walkers go through the line as possible.

SAFETY

Explain the following safety considerations to the group:

- Members swinging their arms are to ensure they do not touch the walker.
- Walkers are to ensure they keep their eyes open.
- Walkers are to ensure they keep a steady pace while walking through the lines.

REFERENCE

(ISBN 0-934387-05-2) Collard, M. (2005). *No Props: Great Games With No Equipment*. (pp. 136–137). Beverly, MA: Project Adventure, Inc.

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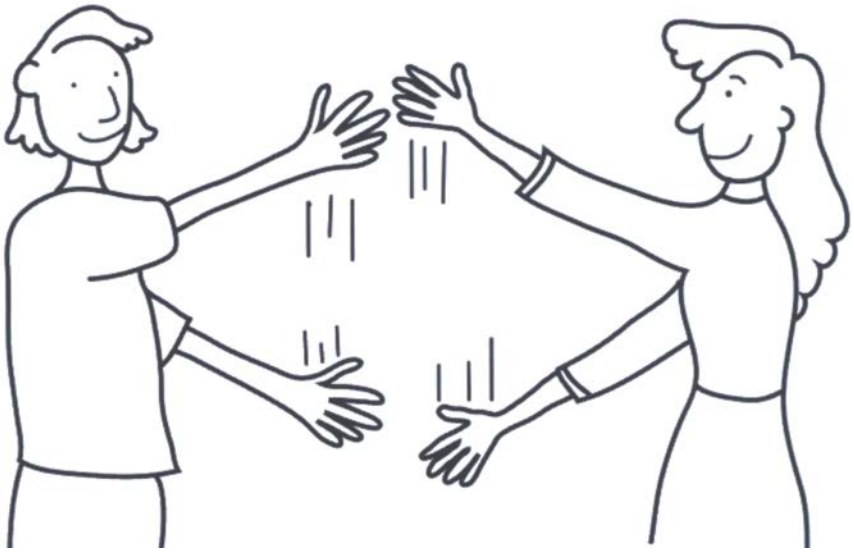

M. Collard, No Props: Great Games With No Equipment, Project Adventure, Inc (p. 136)

Figure P-9 Slice and Dice

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TEAM-BUILDING ACTIVITY **TRUST-BUILDING**

HOG CALL **TIME**: 10–15 min

RESOURCES

- A large, open space free from obstacles, and
- Blindfolds (one per cadet).

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Have the cadets form two lines facing each other. The cadets facing each other will become partners. If there is an odd number, form one group of three.
2. Assign each group a matching set of words from the following list (or have cadets quickly come up with their own set of appropriate words):
   (a) peanut-butter,
   (b) Coca-Cola,
   (c) salt-pepper,
   (d) bubble-gum,
   (e) french-fry,
   (f) Ken-Barbie,
   (g) Power-Rangers,
   (h) Batman-Robin,
   (i) snap-crackle-pop, and
   (j) Larry-Curly-Moe.
3. Have each line move to opposite ends of the training space. Have each group turn away from the other and blindfold all of the cadets. Each group of cadets will mix themselves up among the other participants.
4. On a signal, have the cadets start the activity by shouting their partner's word. For example, if your word was peanut, you would shout "butter" and your partner would shout "peanut" until you found each other.
5. Once partners find each other have them sit together and remove their blindfolds until all cadets have found their partners.

SAFETY

All cadets are asked to place their hands in front of their torso with palms facing forward and elbows tucked in to avoid running into anything. The cadets are to move around the space cautiously to avoid running into anyone or anything.

REFERENCE

(ISBN 0-934387-05-2) Collard, M. (2005). *No Props: Great Games With No Equipment*. (pp. 126–127). Beverly, MA: Project Adventure, Inc.

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TEAM-BUILDING ACTIVITY	**TRUST-BUILDING**
HUG A TREE	**TIME**: 15 min

RESOURCES

- A large, open space (preferably outdoors with lots of obstacles), and
- Blindfolds (one per two cadets).

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Divide the cadets into pairs.
2. Blindfold one partner at a time and have the other cadet verbally guide them to an object that is at least 40–50 m (130–160 feet) away from the point from which they started.
3. Once led to the object (eg, a distinctive tree, fallen log, rock, etc) have the blindfolded cadet spend up to one minute getting acquainted with the object. The cadet should be encouraged to feel and smell the object.
4. Have the cadet who is not blindfolded guide the blindfolded cadet back to the starting point – preferably not using a direct line.
5. Upon arriving back at the starting point remove the blindfold.
6. Have the cadet who was blindfolded attempt to find the object that they were introduced to while they were blindfolded. Have their partner accompany them while they attempt to find the object but should not offer them any clues.
7. As time allows, have the cadets reverse roles.

SAFETY

The cadet who is not blindfolded is to ensure the safety of the blindfolded cadet at all times throughout this activity.

REFERENCE

(ISBN 0-934387-05-2) Collard, M. (2005). *No Props: Great Games With No Equipment*. (pp. 122–123). Beverly, MA: Project Adventure, Inc.

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TEAM-BUILDING ACTIVITY	**TRUST-BUILDING**
BLINDFOLD BUILD	**TIME**: 15 min

RESOURCES

- A large, open space free from obstacles,
- Blindfolds (one per two cadets), and
- Building blocks (minimum 40).

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Divide the cadets into two even groups. Blindfold the cadets from one group.
2. Use the building blocks to build a structure with half of the blocks while the non-blindfolded cadets watch. Give them one minute to study the structure.
3. Hide the structure and scatter the other half of the pieces around the space.
4. Have the non-blindfolded cadets guide the blindfolded cadets to build the same structure. The non-blindfolded cadets must not touch any building blocks.
5. Once the structure is complete, have the cadets remove their blindfolds. Inform the group how close they were to the original.
6. As time allows, have the cadets reverse roles.

SAFETY

N/A.

REFERENCE

(ISBN 0-9662341-6-2) Jones, A. (1999). *Team-Building Activities for Every Group*. (pp. 66–67). Richland, WA: Rec Room Publishing.

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TEAM-BUILDING ACTIVITY	**TRUST-BUILDING**
LIGHTHOUSE	**TIME**: 10–15 min

RESOURCES

- A large, open space,
- Various obstacles (eg, desks, chairs, boxes, crates, pylons, etc),
- Blindfold, and
- Pieces of wrapped candy (one piece per lighthouse).

ACTIVITY LAYOUT

Set up obstacles around the training area.

ACTIVITY INSTRUCTIONS

1. Have one cadet volunteer to be the “cargo ship”. Blindfold this cadet.
2. Have three or four cadets stand at various points among the obstacles. These cadets will be the “lighthouses”.
3. Give the “cargo ship” three or four pieces of the wrapped candy.
4. Explain that the job of each “lighthouse” is to guide the “cargo ship” through the rough waters (obstacle course) so the cargo (wrapped candy) can be delivered to each “lighthouse” safely.
5. Have the “lighthouse” closest to the start point verbally guide the “cargo ship” safely to their “lighthouse”. If successful, the “cargo ship” should deliver the cargo (a piece of candy) to that person.
6. Have each “lighthouse” guide the “cargo ship” to them in succession as the “cargo ship” makes their way through the rough water (obstacles).
7. The only “lighthouse” allowed to give directions at a given time is the one the “cargo ship” is headed toward. If the “cargo ship” is in danger of crashing into an obstacle the guiding lighthouse does not receive their shipment of cargo. As well if the “lighthouse” is unable to successfully guide them to the “lighthouse” and the “cargo ship” passes by, they do not receive their shipment of cargo and the next “lighthouse” takes over the directions.
8. As time allows, have the cadets change positions and assume different roles.

SAFETY

The cadets acting as lighthouses are to ensure the safety of the cargo ship throughout the activity.

REFERENCE

(ISBN 0-9662341-6-2) Jones, A. (1999). *Team-Building Activities for Every Group*. (pp. 88–89). Richland, WA: Rec Room Publishing.

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TEAM-BUILDING ACTIVITY	**TRUST-BUILDING**
TRUST TAG	**TIME**: 15 min

RESOURCES

- A large, open space free of obstacles, and
- Blindfolds (one per two cadets).

ACTIVITY LAYOUT

Mark off a playing area.

ACTIVITY INSTRUCTIONS

1. Divide the cadets into pairs. Blindfold one cadet from each pair.
2. Designate one pair to be “it”.
3. Have the blindfolded cadets play a game of tag while their partners verbally guide them through the game. The cadets are to walk for this activity, not run. The non-blindfolded cadet of the team who is “it” must attempt to guide their partner to tag someone. The non-blindfolded cadets of the other partners must attempt to guide their partners away from the cadet who is “it”.
4. Halfway through the time, have the cadets reverse roles.

SAFETY

- The cadets who are not blindfolded are to ensure the safety of the blindfolded cadets at all times throughout this activity.
- Cadets are not permitted to run.

REFERENCE

(ISBN 0-9662341-6-2) Jones, A. (1999). *Team-Building Activities for Every Group*. (pp. 102–103). Richland, WA: Rec Room Publishing.

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