

Activity: One and Done

Skills: Communication, Trust, Goal Setting/Vision

Rules/Process:

- Distribute Sign-Up Sheet to the group
- Participants need be split into teams of 8
- Every team member must sign up to compete in one activity listed on the sheet
- Participants will have 60 seconds to complete each of the activities

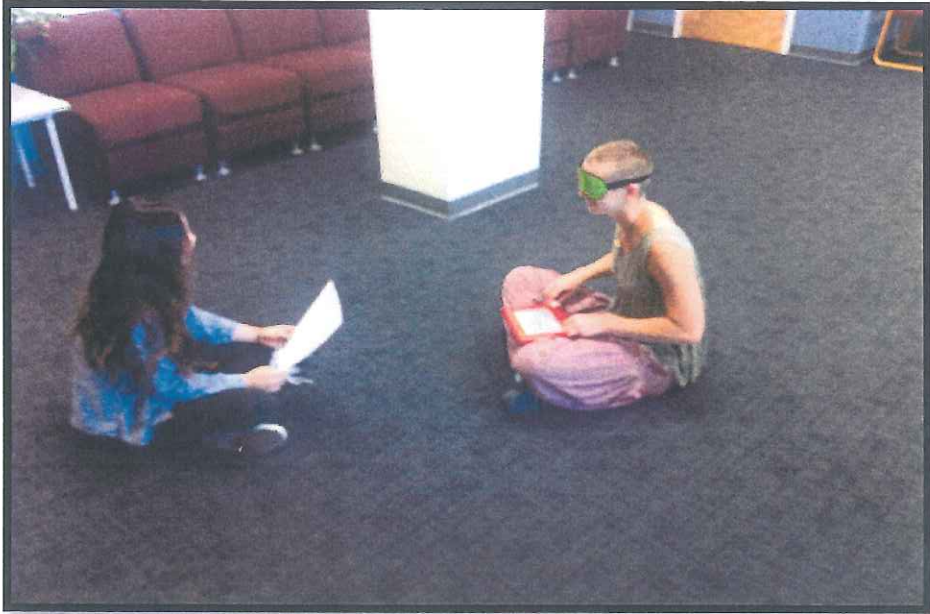
One and Done Sign-Up Sheet

| Activity | Description | Name(s) |
|-----------------|---|--------------|
| Word Scramble | Create as many words as possible in one minute. (1 team member) | |
| Nail Stack | One team member holds the plate, the other stacks as many screws one atop the other, utilizing the nail. (2 team members) | <i>waist</i> |
| Clipboard Bball | One team member attaches the clipboard to their waste over the crotch area, while the other attempts to land as many ping pong balls into the bucket as possible. (2 team members) | |
| Trust Draw | The blindfolded team member receives an etch-a-sketch and must listen to the directives of their sight-seeing teammate. | |

Nail Stack



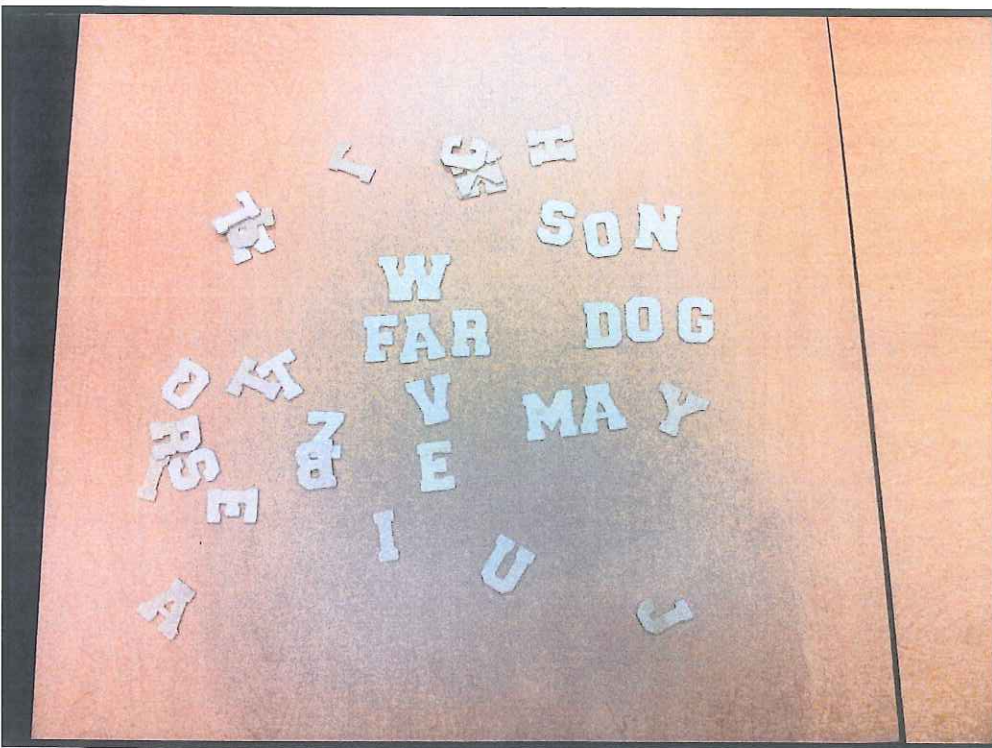
Trust Etch-a-Sketch



Clipboard Bball



Word Scramble



Example Directives for Blindfolded Teammate

Directions:

Participants must explain to their blindfolded teammate how to create the following image without telling their teammate what they're creating. For example, it is not permissible for the sight-seeing teammate to say "we're drawing a square," or "we're drawing a star." Sight-seeing teammates must work to utilize clear communication and use language like "it has four points," or "it's something that appears in the sky." Other language that is helpful is "turn your right hand clockwise three times, now stop. Turn your left hand counterclockwise three times, now stop..."



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