

## **Activity: One and Done**

Skills: Communication, Trust, Goal Setting/Vision

Rules/ Process:

- Distribute Sing-Up Sheet to the group
- Participants need to 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 these activities

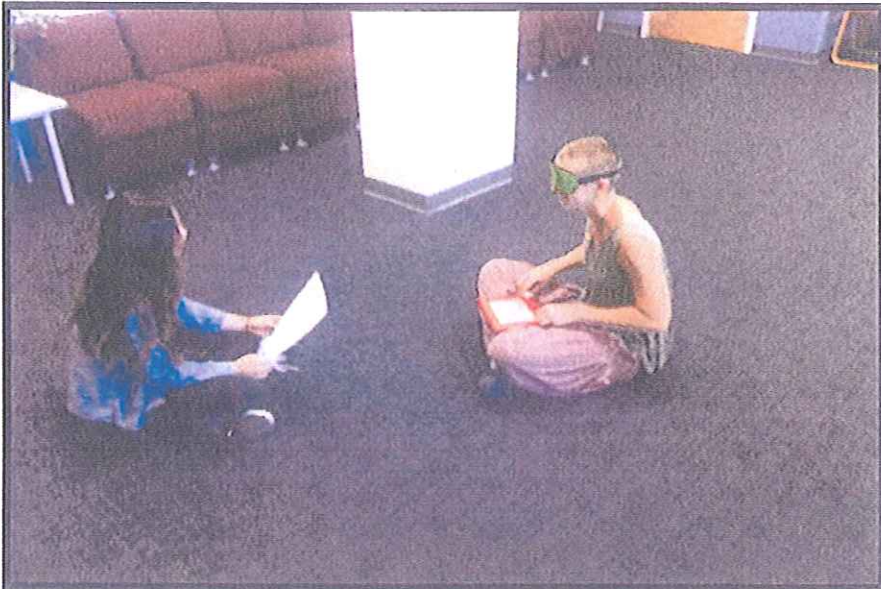
## One and Done Sign-Up Sheet

Activity	Description	Name(s)
World Scramble	Create as many words as possible in one minute. (1 team member)	
Nail Stack	One team member hold the plate, the other stacks as many screws one atop the other, utilizing the nail. (2 team members)	
Clipboard Bball	One team member attaches the clipboard to their waist 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	

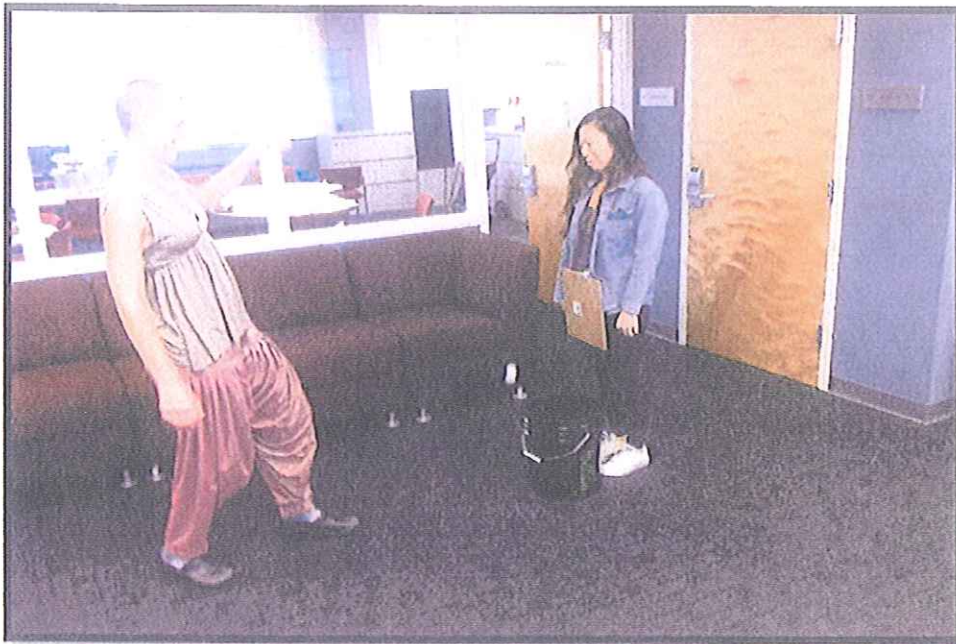
Nail Stack



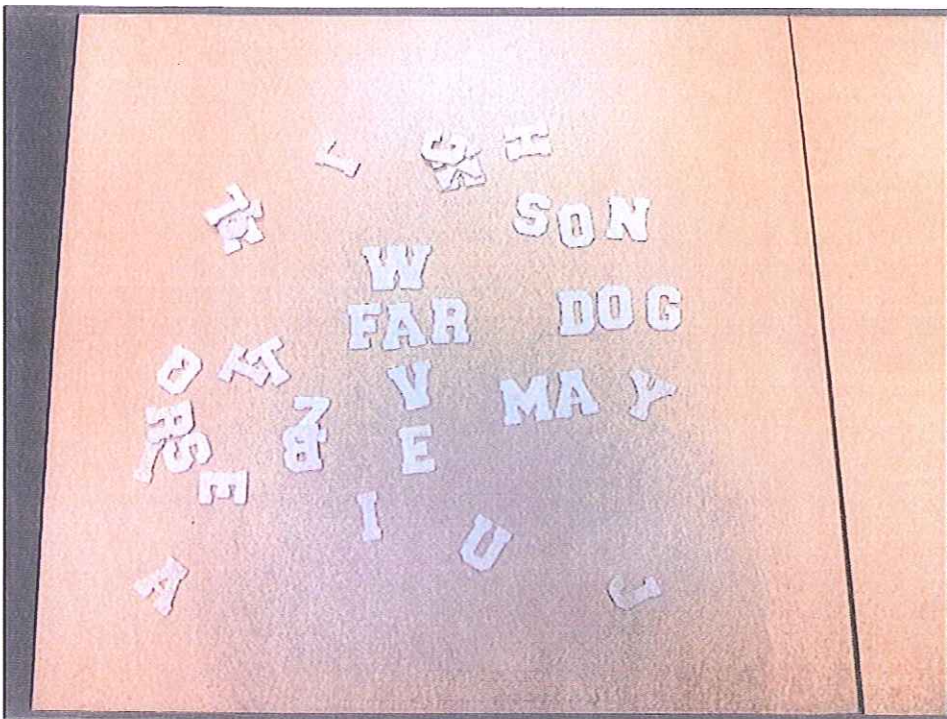
Trust Etch-a-Sketch



Clipboard Bball



Word Scramble



# **Example Directives for Blindfolded Teammate**

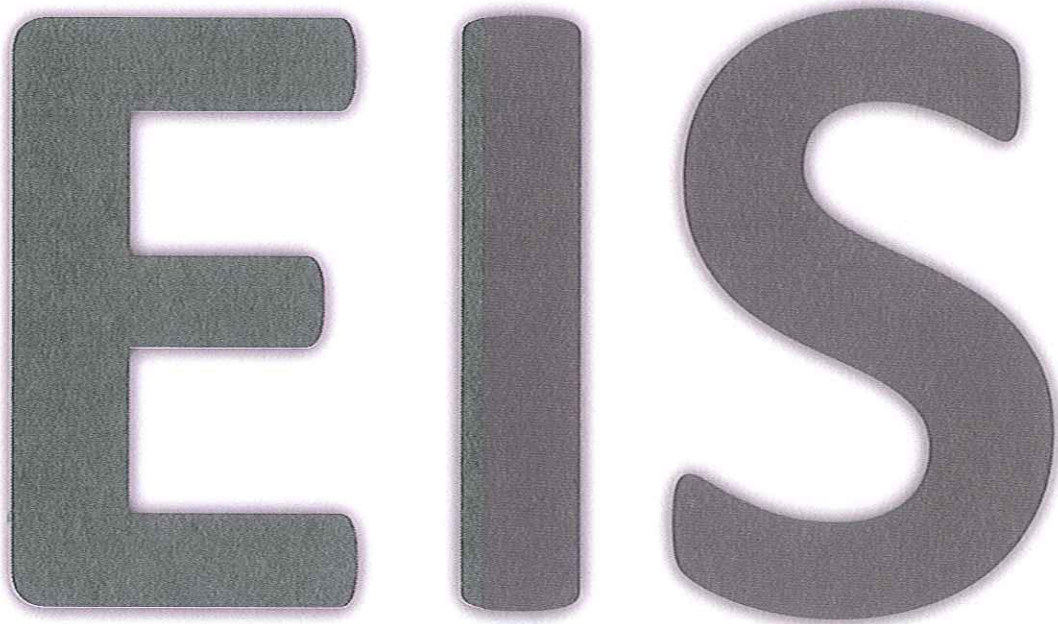
Directions:

Participants must explain to their blindfolded teammate how to crease the following image without telling their teammate what they are 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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