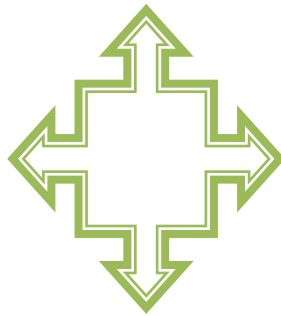




**THE
OUTWARD
BOUND TRUST**

Outward Bound Metro

Dynamic Exercises



With Suggested Sequencing



Co-operative learning exercise sharing personal thoughts with others and speaking for others. Alternate an exercise with a swap of partners and an exchange of personal information, scaling up the nature of the information as you go.

Activity	Possible Interview question
Foot stomp Hold on to shoulders	What's your favourite colour and why
Shin Slaps between knee and ankle	What's your favourite food and why
Back to back stand up Shoulders in contact	If you could be another animal what would it be and why
Back to back wrestle left shoulder to the ground	If you could live in a TV programme or film what would it be and why
Foot to foot stand up toes in contact	What is your favourite music and band or singer
Leap frog's four times over each other	If you could visit one place in the world where would it be and why
Sit up's six each hold each other feet down	What sport do you you like playing
Piggy backs around the cones or bags	Who inspires you and why (who would you like to be like?)
Wheel barrels around the cones or bags	What is your hobby

Other questions:

- Who inspires you and why?
- If you could have a superpower who would it be, and why

Add your own:

Equipment: None



Skin the Snake

Active physical de-inhibiter.

Participants create a line (or lines if you want to make it competitive) putting their left arm between their legs, and having their hand held in the right hand of the person behind. This done all down the line. The group then have to 'skin the snake' by turning it inside out without letting go. The back person crawls through the legs of the person in front, and is then followed in turn by the whole team.

Development – as above, this can be done competitively, can also be done with blindfold members for support, and can be done as a problem solving task by asking the groups to analyse their performance and make an improvement. (i.e. have the tallest group members at the front!)

Equipment: None



Giants wizards and dwarves

Active game requiring team communication, and tactics development

This is an active version of 'rock, paper, scissors'.

Giants – Stand tall with arms above heads, roar loudly and stamp one step forwards – Giants stamp on Wizards

Wizards – Take one big step forwards, hold their arms in front of them, and shout "shazam!" – Wizards zap dwarves

Dwarves – lean forwards and downwards and tickle the underneath of giant's feet while calling "tickle tickle tickle".

Two teams stand opposite each other, having decided which of the above they will be, in secret. On an approved signal, they then do their action and noise and the winning team then has to catch members of the other team before they can run to a safe area. The teams then reform (with new members caught from the other team?) and go again.

Equipment: None



Shrinking Island

A co-operative team game requiring support, closeness, and problem solving.

A loop of rope (or chalk mark) lies on the ground. The group as a whole have to get inside the loop. The loop starts quite large, but each time the 'tide' comes in it comes in a little further. The loop/circle reduces in size each time they do the

exercise, so the problem solving slowly emerges as an issue.

Can be done with a tarp as the island, which gets folded in half each time

Equipment: Rope loop or chalk, tarp if preferred



Memory Name Game

A game using a number of stimuli to involve all team members in learning their names (or sometimes just the instructor)

Stand in a circle. One person introduces them self, then the next person introduces them self, and the person before them, the next then introduces them self and all the people back to the start, and so on until the last person has to introduce them self and everyone else.

The introductions are done through a number of routes, can be favourite foods etc, but one of the most effective routes for engagement, activity, and de-inhibiting and use of noise can be:

Choose an animal that has the same first letter as your name ie Robert – Rabbit, when you introduce yourself your animal must have an action and a noise.

Equipment: None



Group Juggle

The group stand in a circle. The task is to pass the ball to another person so that everyone gets passed the ball once, and no-one gets it twice.

A sequence is established in order to achieve this (holding a hand up until you have caught the ball works) passing the ball across the centre of the circle. Once established the sequence is repeated to gain speed and fluidity.

Development: Additional balls can be introduced

Processing: Every team member is vital to the successful completion of the task, no one is more or less important (modelling successful teams). Breaking a big task down into smaller tasks makes them more achievable (resilience and planning)

Equipment: 3 or 4 juggling balls or bean bags (so they don't roll away)



Balloon Pass

How many times can the participants pass the balloon round the group without touching it with their hands or arms, or letting it touch the ground?

Development: Timing it, you can ask for ideas for developing the solution (basic problem solving and communication)

Equipment: Balloon or medium sized ball



'Robot Wars'

Cordon an area off. The group are split into pairs. One member of the pair is inside the area and is blindfolded (the robot), and the other is outside the area and sighted. There are a number of soft balls in the area. In order to get other robots 'out' a robot must be guided to a ball, pick it up, and throw it *underarm* and hit another robot. The hit robot is then 'out', continue until you get a winner.

Development: this can be run in threes, where there are two controllers: one who can see, but can't speak, and one who can speak, but can't see (has their back turned)

Equipment: A number of soft balls (6+), 4 markers? Blindfolds for half the group.



'Cat and Mouse'

One person is designated the cat, who has to catch the mouse (or mice). The other players hold hands in a circle, and one of them is designated the mouse. The cat has to try to 'tag' the mouse, while the wheel containing the mouse tries to manoeuvre the mouse so that it can't be 'tagged'. Swap if the mouse is caught.

Development: Have two or more circles with a mouse in each so there are multiple targets. You can also add an additional cat with multiple groups.

Equipment: None



Blindfold Ball Throw

A blindfolded person is stood in an area with a ball (football). The rest of the group must all hold on to a hoop, and stay a set distance from the blindfolded person. They must then guide the person to throw the ball so that it travels into the

hoop, and co-operate to make any movements of the hoop required to adjust for poor aim.

Development: A hoola-hoop works well for small groups, a rope loop works well for larger groups and is also a little harder as it requires more co-ordination to keep the loop 'open'.

Equipment: Hoola hoop or rope loop. Line markers



Circle in circle

The group stand in a circle hand in hand. Around one arm of one of the group members is a loop. They then have to pass the loop along the group until it returns to the first person, without letting go of anyone's hand.

Development: Make the loop smaller or less rigid (than a hoola hoop) or make it out of elastic, again the smaller, the more challenging.

Equipment: Hoola hoop, rope loop, or elastic loop.

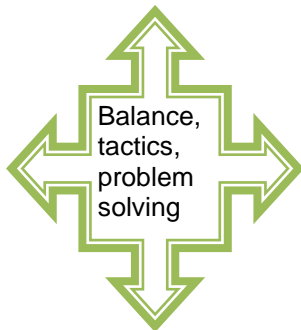


Magic Stick

Halve the group who then stand face to face in two lines. They then hold their hands forward at elbow height so that index fingers can be held next to those of the opposite person, allowing a 'platform' of index fingers to be created that the stick can be laid on. When ready, place (or lightly push) the stick onto the platform with the instruction that all fingers **MUST** stay in contact with the stick and **NO** thumbs are to be used to hold it from above, and the stick must be lowered to the ground. Watch as it rises.

Development: Blindfolded participants will make this exercise extremely difficult

Equipment: A long garden cane or stick

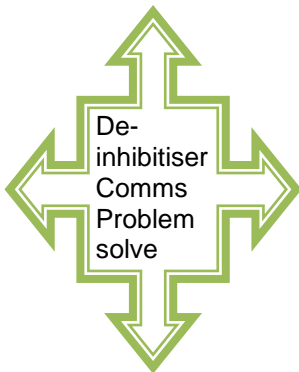


Lava Flow

The team are placed on one side of a 'lava flow' and tasked to get to the other side without being burned by the lava. There are a number of blocks that can rest on the surface of the lava, and these are what they must use to cross. As the lava is flowing, the blocks must have some weight on them to prevent them from flowing away (three seconds unattended and they are 'away').

Development: Start with a block each, but having less blocks than people makes it a harder problem to solve. Be strict about no-one touching the lava. Send people back to the start if they touch the lava. Require all the blocks to get to the end with the group.

Equipment: line markers, at the most: one wooden block per person



Human Knot

The group stand in a circle with their left shoulder innermost. They take the left hand of someone else *across* the circle and hold tight. Once everyone has done that, they reach in with their right hand and take the hand of a *different* person.

Holding tightly and not letting go (but allowing for grip changes so that arms/shoulders don't get wrenched) the group must now untangle themselves.

They will be in one loop, or possible two, with alternate facing group members. Anything else means someone let go at some point.

Development To make it easier, instead of holding hands, people can use a short piece of rope (about a foot long) with a knot at each end to make the connection.
Group members can be blindfolded.

Equipment: None, or short lengths of rope (1 per participant)



Moshi Moshi

Participants stand in pairs opposite each other, with toes touching. They then place their palms against the palms of their opponent. The aim is to unbalance their opponent.

Equipment: None



Alpha Plank

The group are placed in a line randomly and then tasked to re-order themselves.

Suggestions for re-ordering are:

- In height order
- In age order
- In birth-date through the year

Development: The 'Plank' can be:

- A real plank on the ground which they can't step off
- A plank propped up no more than 6 inches off the ground that they can't step off which is above a soft surface.

Or

Lie on the ground side by side and roll into place

And

- Have blindfold group members
- Do it in silence



Bungee Tastic

The group are presented with a start line and a finish line. They will be timed as they cross the start line until the last person crosses the finish line. There is a bungee loop between the two lines that each team member must pass through on the way.

Development: Repeat the exercise looking at Kolb's Plan-do-review-apply model to improve results. Get the group to set a time to aim for, look at planning and full team involvement.

Equipment: Bungee loop (4-5mm thick approx 60-70cm in diameter) start and finish line markers



Sheep and Shepherd

A pen is laid out in a designated exercise area. One team member is tasked with guiding all the other team members into the pen. They will be unable to talk, but can make noises. The rest of the team will be blindfolded and placed randomly about

the exercise area.

Development: Briefing as above will often result in a number of problems for the shepherd to solve, but can switch the rest of the group off. Suggestions can be made to consider:

- How each sheep knows that the directions are for them
- How a sheep knows it is in the pen (and therefore stops walking)
- How to make a sheep go backwards, or stop
- How to be loud enough

Or not

Equipment: Blindfolds for all but one of the group, a pen (rope loop)



Metronome Trust Balance

The group stand in a circle with their hands inwards (at an appropriate height). One person at a time stands rigidly in the centre of the circle (with their arms crossed over their chest).

The standing person leans on a pair of hands, off balance, and that person then passes them on to the next in the circle and the next and so-on, with the out of balance person keeping their feet in the same place throughout.

Development: Blindfold

Equipment: Blindfold if necessary



Kurt Hahn

A small (50mm diameter) ring is suspended by loops of string that are looped through it, with each end being held by a group member. Kept tight equally, these loops will suspend the ring at waist height. A ball is placed on the ring, and the group are tasked to transport the ball from point A to point B without dropping it.

Development: Bindfolded group members, and pick a difficult route perhaps with narrow sections.

Equipment: String loops (one between two) a strong ring, and a ball.



Stick in the mud

Tag, where those tagged remain static with their arms out wide and their legs apart. Those tagged can be 'untagged' if a free person can pass between their legs.



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