



# Group Challenges Post-visit

Classroom Activity

## Brief Synopsis

*Looking at how your team functions is a great way to help the team become more successful. These activities will help students take a closer look at how their team operates and identify ways to make the team more successful.*

**Ages:** Designed for 5th–8th grade

### Vocabulary:

Cooperation, Teamwork, Communication, Trust, Thinking Outside the Box

### Activity 1: *The M&M Challenge*

**Time** 30 Minutes

### Materials:

- Bag of M&M's or individually wrapped pieces of candy
- Table/ desk

### Outcomes:

1. Students will learn that working together is more productive than working against each other.
2. Students will have to communicate and cooperate in order to be successful.
3. Students will have to “think outside the box” to be more successful.

### Activity 2: *A CLOSER LOOK*

**Time** 30 minute

### Materials

- *A Closer Look* worksheet
- Pencils

### Outcomes:

1. Students will examine a team they are a part of to locate areas that improvement is needed and what make their team successful.
2. Students will discuss answers with other students.

### Minnesota Academic Standards:

Language Arts: 4,5.IIIA, 6,7,8.IIIA

## Activity 1: The M&M Challenge

### Background:

Typically arm wrestling has one winner and you win by defeating your opponent. This activity will put the emphasis on the opponents working together to be more successful as a group than as an individual.

### Procedures:

1. Have students partner up with someone they will arm wrestle against.
2. Explain the rules:
  - Students will arm wrestle for 10 seconds (adjust time if necessary).
  - Each time your opponent's hand is pinned to the table you will earn a prize.
  - Students must remain seated at all times.
  - Add any other arm wrestling rules you would like.
3. Start the contest for a given amount of time and have students keep track of how many prizes they earn.
4. Stop after time has expired and award prizes.
5. Take a survey to determine who won the most and discuss why they were more successful than other groups.
6. Add additional rounds if needed.

### Conclusion:

Students will hopefully realize that if they work together and allow themselves to be pinned, they will earn more prizes than if they fight against each other. This is a good example of putting the groups needs before the individuals needs.



### Additional Resources:

Quicksilver: Adventure Games, Initiative Problems, Trust Activities and a guide to Effective Leadership by Karl Rohnke and Steve Butler

Cowstails and Cobras II: A Guide to Games, Initiatives, Ropes Courses and Adventure Curriculum by Karl Rohnke

Activities that Teach by Tom Jackson

Silver Bullets: A Guide to Initiative Problems, Adventure Games and Trust Activities by Karl Rohnke

[www.wilderdom.com](http://www.wilderdom.com)

[www.group-games.com](http://www.group-games.com)

### Activity 2: “A Closer Look”

#### Background:

We work with others every day. This activity will help students look closely at a group they are a part of. Students will give reasons for the teams success and identify areas where improvement is needed.

#### Procedure:

1. Handout “A Closer Look” worksheet.
2. Give students time to complete the worksheet.
3. Have students present information to class.
4. Have class keep track of similarities and differences of students results.
5. As a class, list the things that make teams successful.



# A CLOSER LOOK WORKSHEET

**Directions:** pick a team that you are part of and answer the following questions about your team.

My team is \_\_\_\_\_

The goal of my team is to \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What are some things that make my team successful?

- 
- 
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- 
- 

What are some things the my team needs to improve on?

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- 
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What is the best part about working with my team?