

# Team Building Activities

## *Helium Stick*

**Objective:** To lower a tent pole or stick to the ground as a group

**Number of participants:** 6 or more

**Best for ages:** 6 to adult

**Time to complete:** usually 15 minutes of trying until success

**Tools needed:** Tent pole or other rod/stick of approx. same length

**How to play:** Create two lines facing each other. Introduce the Helium Stick—a long, thin, light rod. Ask students to point out each index finger and then lay the Helium Stick down on people's fingers. The challenge is to lower the Helium Stick to the ground. The catch: everyone's fingers must constantly be in contact with the Helium Stick at all times. Warning: the Helium Stick may start floating up! Jump up and pull it down! Reiterate that if anyone's finger is caught not touching the Helium Stick, the task is restarted at shoulder height. The Helium Stick will mysteriously have a habit of floating upwards rather than coming down. Often the more a group tries, the more it floats. The group needs to eventually calm down and slowly, patiently, lower the Helium Stick (which is easier said than done).

## *Revealing Toilet Paper*

**Objective:** A game where toilet paper is used to get to know other people!

**Number of participants:** 3-10

**Best for ages:** 6 to adult

**Time to complete:** usually 15 minutes of trying until success

**Tools needed:** Toilet paper roll

**How to play:** A roll of toilet paper is passed around the room, and players are told to take a quantity of toilet paper off of the roll. They may take as much, or as little as they like (in full sheets only, please). When everyone has their share, they are then told that they have to make one statement about themselves for every sheet they took from the roll. Great for young teens, because the "clown" in the group usually takes massive quantities, and then discover they must share information about themselves. One roll of toilet paper (or a box of tissues can be used) but toilet paper is more fun.

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