

Challenge Course Activities

	Set Up/Props	Prep. Work	Difficulty	Outcome	Focus
<u>Adventure Challenge Course Elements:</u>					
Spider's Web	ACC	moderate	3-5	teambuilding	Group
Trust Fall Platform	ACC	moderate	4-5	trust in group	Ind'l
Wild Woosey	cables	low-moderate	3-5	trust	Ind'l
X-cross	cables	low-moderate	3-5	trust	Ind'l
Pole Ordering	ACC	low-moderate	2-4	teambuilding	Group
Triangle Traverse	cables	low-moderate	3-5	teambuilding	Group
Mohawk Walk	cables	moderate-high	4-5	teambuilding	Group
Nitro Crossing	ropes/platform	low-moderate	2-4	team & fun	Group
<u>Portable Initiatives:</u>					
(Upside Down) Caterpillar	participants	low-moderate	2-4	fun & team	Ind'l & Group
Black Out	tarp & sunlight	low	2-3	creativity	Group
Trolleys	trolleys	low-moderate	2-4	teamwork	Group
Tarp Turn	tarp	low-moderate	2-4	teamwork	Group
Trust Sequence	flat space	low-moderate	2-3	trust	Group
Wind In The Willows	flat space	moderate	3-4	trust	Ind'l & Group
Levitation	flat space	moderate-high	4-5	trust	Ind'l & Group
Mine Field	props & ropes	low-moderate	2-5	team/comm.	Group
Waterfall	PVC & water	low-moderate	3-5	fun & team	Group
Acid Pour	props & water	moderate	3-5	creativity/team	Group
Bull Ring	p-cord/ball	moderate	3-5	creativity/team	Group
Cow Tag Ordering	cow tags	moderate-high	3-5	communication	Group
Dragon's Egg	heavy ball	moderate-high	3-5	creativity	Group
Magic Slippers	ropes/group	moderate-high	4-5	teamwork	Group
Pole Lowering	pole	moderate-high	4-5	teamwork	Group
<u>Energizers:</u>					
Giant/Wizard/Elves	portable	low	1	fun	Group
Pass the Orange	orange/ball	low	1	fun	Group
Elbow Tag	portable	low	1	fun	Group
Blob Tag	portable	low	1	fun	Group
Animal sounds	portable	low	1	fun	Group
Balloon Trolleys	balloons	low	1	fun	Group
Pass the Hula Hoop	hula hoop	low	1	fun/teamwork	Group
<u>Name Games:</u>					
Wamp 'Ems	none	low	1	names/fun	Group
Group Juggle	toys/balls	low	1	names/fun	Group
No Teeth Introductions	none	low	1	names/fun	Group
Funderbirds (hacky-sac)	funderbirds	low	1	names/fun	Group
<u>Raccoon Circles (R.C.)</u>					
Pass the Knot	R.C. (1)	low	1-2	familiarity	Group
Group Sit	R.C. (1)	low-moderate	2-3	intro to trust	Group
Inside Out/Outside In	R.C. (1)	low-moderate	2-4	creativity/team	Group
Knot or Not Knot	R.C. (1-4)	moderate	2-4	consensus	Group

Names - activity focuses on helping group members learn the names of other group members
Fun –typically an energizer-type activity where group members’ energy is revitalized readying them for future activities
Familiarity – activities designed to increase members’ knowledge of one another
Creativity – activities structured with vague instructions in order to allow room for group creativity and problem solving
Team – a concept where members begin to understand themselves as important contributing members to their group
Trust – activities designed to increase sense of trust in group and in oneself (may be used individually or sequenced ie: trust sequence--> wind in the willows --> levitation)
Teambuilding – a pinnacle activity where members see themselves as pertinent members of a team, learn to recognize & understand their own strengths & weaknesses and communicate that to the rest of their group.