

Activity	Duration	Outcome
The Human Spiders Web	15-20 minutes	Effective and ineffective attitudes and decisions, and working as a Team
KNOTS	10 – 20 minutes	Support, coach, influence and encourage positive behaviours are all part of good team work.
Numbers	30 minutes	This activity will help participants to realise the benefits of leadership, trust and communication.
Parachute Games	20 minutes	Experience the practice of working together to achieve an agreed outcome.
Picture This	1 - 2 hours	Identify how teams interact as well as providing an opportunity for teams to 'bond' and work together
Play That Tune	20 – 40 minutes	Highlight the importance of individuals within a team and that everyone has a role to play.
Pop Idols	20-30 minutes	Several Topics can be implemented
Spiders Web	30 – 40 minutes	Problem solving, which requires the entire team to manage their differences (size, disposition, strength, intelligence, etc.)
Stepping Stones	30 – 40 minutes	Leadership skills, communication, group planning and working together as a team.
Tangles	30 minutes	Work in a team and analyse the performance of their team
Team Totem	As required	Help the team realise that their differences can be an advantage.
Team Tube	20 minutes	Team work
The Floating Stick	10 - 30 minutes	Learn how to work together and communicate
The Way I See It	30 minutes	Assist teams in becoming enlightened to others views.
The Team Bus	30 - 60 minutes	Demonstrating the core skills needed for a team.
Up, Up, Away	20 minutes or more	To explore leadership, teambuilding, planning, creativity, communication and problem solving.
What Makes a Team	20 - 30 minutes	Explore the key elements that make up an effective team.
Origami Barmy – Trainer Notes	TBD	Depend on what you want to highlight
Team C.V.	20-40 minutes	Help participants identify their team strengths.
All Aboard	20 minutes	Stimulate thought about what makes a team effective.

All Winners	10 – 15 minutes	This task demonstrates methods of working together to ensure the team reach a positive outcome
Block-Up	30 minutes	Great communication activity that proves that sometimes everyone is right!
Bomb Disposal	30 minutes	To energise the team and help them focus on communication.