

## Adaptability and planning activities

### **The Paper Tower**

Time required: 15 minutes

While designed to be simplistic, the fundamental message of this exercise is to teach participants important skills such as planning, timing and quick thinking. The only resource each team member needs for this exercise is a single sheet of paper. The team leader is to instruct their team they are to construct the tallest structure possible within a five minute time limit, using no other materials to build the structure or hold the structure up (it must be free standing). The remaining time is used to review the structures created by each team member. It is important to have a team discussion of the planning processes used by each participant, whether there was enough time allowed for the exercise, and what they would do differently if given the chance again. To challenge team members' skills further, this activity can be modified e.g. giving participants a lesser time frame for construction or a smaller piece of paper to use.

### **Tag Team Game**

Time required: 20-30 minutes

In this activity, team members have the opportunity to identify any weaknesses they feel they or colleague may have. It is important that this activity allows participants to recognise and understand that they can work more effectively in a group, drawing on each other's strengths and positive attributes. Only a few materials are needed for this activity; large sheets of paper, writing paper, pens, and markers. In groups of 4-8 people, each team member must share with their group, and write down on the smaller piece of paper, what they believe to be their most successful and effective strengths. After the discussion, the group are then to combine the best attributes of each member to make one imaginary person, or the "ultimate team member". It is important to give this person a name, backstory, labelled attributes and what contribution this 'super' team member would have towards the group's efforts. To conclude the activity, groups should present their person and story to the entire group.

### **Road Map Game**

Time required: 30-45 minutes

For this activity, the team must be separated into two large groups, with each given paper, pens and a map. The map can be of a particular state, country or the area in which you reside, as long as each group has the same map. The aim of this activity is for each team to plan a vacation, taking into consideration specific factors. Each group is given a list of what they have for their trip, how much money they can use, what kind of car they will have, the size of fuel, how far the fuel tank will get the group, the price of fuel, as well as the beginning and ending destination. Each group will write down their travel plans including accommodation, sightseeing and leisure activities – sticking to within the budget and destination factors. The goal of this activity is to get your team communicating and working together towards a common goal.