

Team Building Activities: ARM to ARM

Aim: Integrating teams.



From age of 6 years



Number of players/ participants: 4 people and more
(divided into teams)



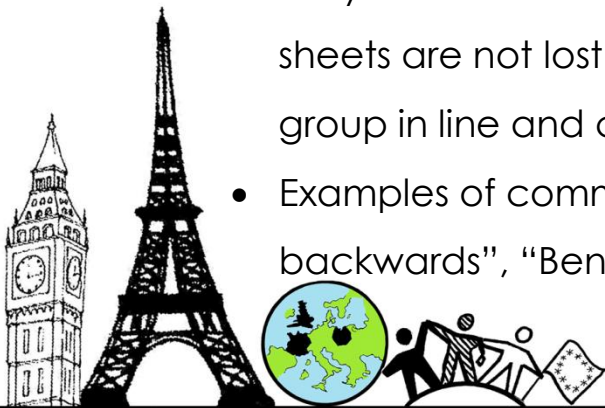
3-15 minutes depending on number of commands

Equipment:

- Sheets of A4 paper – a sheet less than number of people in a team
- Timer

Step by step description:

- The participants stand next to each other in a line and touch one another's arm and shoulder.
- They put a sheet of paper between their arms.
- They listen to commands and follow them making sure the sheets are not lost. They make figures, shapes, exercises as a group in line and cannot drop the sheets.
- Examples of commands: "3 steps forward", "3 steps backwards", "Bend your knees/ squat", "Turn the team



around" (axis), "Bend", "Slalom/ Race"- the whole team at the finish line – wins.

- If some of sheets drop during the tasks- each one counts as a penalty point added as seconds to the score time of a team.

