



A LONG RACE IN A SHORT DISTANCE

TYPE: Energizer

GROUP SIZE: 8 or more (subdivide groups into team(s))

MATERIALS: Tic Tacs, Masking Tape

INTRODUCTION: This is a unique way in which your team can become energized and develop team spirit.

DESCRIPTION: Divide groups into teams and give each team a Tic Tac. Mark off a short distance with masking tape to indicate a finishing line. Facilitate a relay race using the Tic Tac as the relay "Baton". Team members are not to use their hands to carry the Tic Tac.

PROCESSING:

- How did your group work as a team?
- How did your team figure out how to carry the Tic Tac.
- What were the challenges you faced during this activity.

VARIATIONS:

- Use any small object in place of the Tic Tac. Each team member must carry the tic tac in a different way.

OUTCOMES:

- Creates team synergy
- Helps the team leader to realize individual creativity
- Aids in team cohesiveness
- Builds spirit

REMEMBER:

- Introduce the exercise
- Explain it thoroughly
- Process it completely