

## PASS THE HOOP

Have everyone stand in line and join hands. Starting at the front of the line, place a hula hoop on the first participant's arm and instruct them to move their body through the hoop and pass it along to the next participant. The goal is to get each participant through the hoop while moving it to the end of the line. Team members may not release their hands until it makes it to the end.

## STRING CUP CHALLENGE

The challenge is for the group to build a pyramid out of paper cups (3 on the bottom, 2 in the middle, 1 on top; can be adjusted for more cups). Team members cannot touch the cups with their hands or any other part of their bodies, even if a cup falls over or on the floor. Each person holds onto one of the strings that are attached to the rubber band, and they use this device to pick up the cups and place them on top of each other.

### AVAILABLE:

Indoor & Outdoor activity, available year round

### PRICING:

0-50 - \$60/ppl – pick up to 5 activities

51-99 - \$85/ppl – pick up to 9 activities

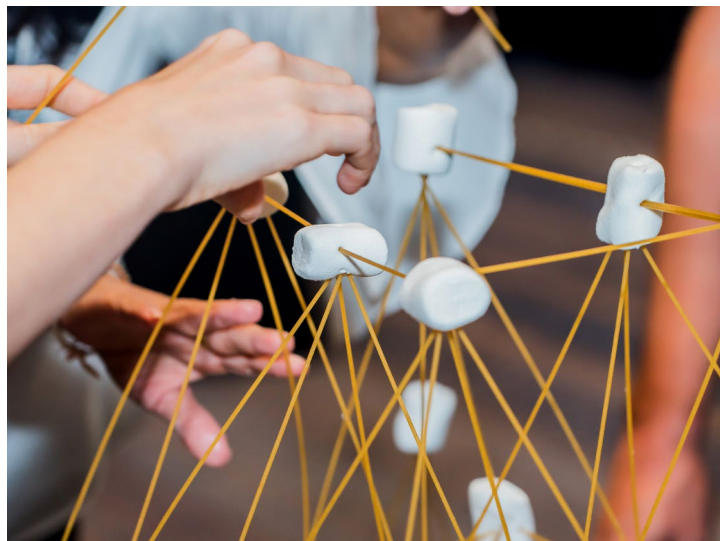
100+ - \$105/ppl – Inquire with Recreation Staff

\*20% service charged added to price for all group sizes

### DURATION:

Each rotation is 10-15 minutes.

# TEAM Building *Activities.*



## GROW TOGETHER AS A TEAM.

At the Omni Homestead, we believe that a true team is the result of hard work, shared experiences, and truly believing in what we do. To assist you in strengthening your team, we have developed several activities for your group to work through together. These activities are designed to illustrate a variety of lessons including cooperation, communication, leadership styles, and more.

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## BOMB REMOVAL

With limited supplies, your team will be challenged to safely remove the bomb from one location to another. You will need to be creative with your supplies to make sure the bomb does not explode.

## BUCKETHEAD

The real challenge at hand is to toss three bean bags into a bucket attached to your team member's head. Each team member must catch three bean bags, and each team member must throw them to another team member as well.

## THE BULL RING

The task sounds simple enough to move a ball from point A to point B using a ring with strings attached to it. Each team member must hold a string/s and guide the ball through a series of obstacles without dropping it, finally reaching the goal, and placing it back on its rightful pedestal. This activity stresses communication, the importance of the details, and doing tasks right, rather than just doing them quickly.

## CENTIPEDE SHUFFLE

Your whole team steps up to giant skis and grab handles. The challenge is to walk in unison through our obstacle course in the fastest time possible. Teamwork, communication, and efficient processes are stressed in this fun and fast-paced activity.

## MARSHMALLOW CHALLENGE

Teams need to build the highest tower from a set of ingredients: spaghetti pasta, paper tape, string. The building needs to stand on its own and carry the weight of the marshmallow. This is great exercise for intense teamwork, group communication, and leadership styles.

## BALLOON BLITZ

A lively team-building game that encourages collaboration, quick thinking, and movement. It strengthens communication and unity as team members work together to keep their balloons in the air, building trust and shared focus in a fun, low-pressure environment.

## GIANT PUZZLE

Two members of the team are blindfolded while the rest of the group instructs them on putting the giant puzzle together. It's not as easy as it sounds. Blindfolded participants are the only ones allowed to touch the puzzle pieces.

## THE PIPELINE

The simple act of transporting cargo from point A to point B becomes challenging when our team throws in some curveballs and new rules in the middle of the game.

## MINESWEEPER

A game of memory and non-verbal communication. As a team, you must find the code to pass through a grid of squares. If you step in a square that is not the correct order, you must go to the end of the team's line. Once the game begins, team members can only use non-verbal communication. Once the entire team has passed through the grid using the correct code, the challenge is complete.

## SNAKE

Non-verbal game of teamwork! Your team will line up single file with everyone blindfolded except the person in the back. Each person will hold the shoulders of the person in front of them. As a team, you must weave around a room and collect objects, placing them in a bucket while using only non-verbal commands. Each member can only collect one item.

## EGGSENTIAL IMPACT

A creative team-building activity that challenges groups to think critically, solve problems, and innovate under pressure. As they design a protective container for their egg, teams must collaborate, communicate ideas effectively, and trust each other's input—making it a perfect exercise in strategic thinking and teamwork.

## WATERTUBES

Working as a team, your group will retrieve an object from deep within a vertical PVC tube, using limited resources. Can you work together to retrieve the object?

## WORDLES

Wordles are mental challenges. They provide an interesting and enjoyable series of unique word puzzles which serve as a basis for lively group discussion.

## HELIUM HOOP

This activity will truly challenge your group to communicate and work together as they attempt to lower a hula hoop to the ground while it rests upon their fingers. Although this activity sounds simple enough it is surprisingly challenging and quite fun. Especially when the hoop mysteriously rises instead of dropping.

## HULA HOOP WALK

The group using only their legs to hold the hoops in a place (off the ground), to move themselves as a group from one point to another. Each participant must always have at least one leg in at least one hoop throughout the activity.

## HUMAN KNOT

Circle up and join hands together to form a human knot of your team member's arms. The goal of the game is to untangle yourselves without letting go of the hands you are holding. After untangling, you will be standing once again in a regular circle.