

# BEACH TOWEL FLIP



## TEAM BUILDING ACTIVITY:

This is a fun and meaningful Team Building activity to engage students in teamwork and give an opportunity for a meaningful discussion about cooperation and leadership. Though this is called “Beach Towel Flip”, you don’t need to use a beach towel!

**Time Needed:** 20-30 minutes

**Group Size:** Any, split into groups of 8-12

## Materials Needed:

- Beach towel (or a plastic tablecloth, shower curtain, or tarp).
- Masking tape
- Permanent markers



## Directions:



Lay Beach towel flat on the floor. Distribute two strips of tape and a marker to each student. Have group members gather around the edges of the beach towel.

Say: Let’s each think of one GOOD BEHAVIOR we would like to practice and one BAD BEHAVIOR we would like to leave behind to reinforce our goals of being a good leader. Have each person write down these two behaviors, one on each of his or her strips of masking tape.

Each person should place their GOOD BEHAVIOR onto the side of the beach towel that is facing upwards, so the other members of the group can see it. Take a few minutes for the group to share their behaviors with each other. This shouldn't take more than 4-5 minutes.

Have your group flip the beach towel over to the other side. On this side, have the students place their BAD BEHAVIOR piece of tape. You can allow these to be shared or not, depending on time and maturity of your group.



### Discussion Questions:

1. Ask everyone to stand on the beach towel. Once they are all on, tell them that their challenge-as a group- is to get past their barriers-their BAD BEHAVIORS-to their GOOD BEHAVIORS. In other words, they must flip the beach towel over...WITHOUT touching the ground underneath, around them or ANYTHING other than the towel and each other.
2. Encourage the students to act with safety in mind and as the facilitator, keep an eye on those who are close to the edge, etc. to ensure that no one falls or gets hurt.
3. How was your team successful?
4. What leadership qualities did you utilize to support each other in turning over the beach towel?
5. How was your communication affected by your physical closeness:
6. How was your decision making affected by your physical closeness and the task at hand?
7. How does the closeness of support impact your decision to practice good decision making?
8. What are the challenges you think you face in committing to being a good leader?
9. How can you support others when you are a leader?

