

SAVE THE CANISTER



TEAM BUILDING ACTIVITY:

This is a fun and meaningful Team Building activity to engage youth and provide opportunities for team to work together as a team. Save The Canister is a way to foster communication, problem solving and creative thinking with your students!



Time Needed: 15 minutes

Group Size: Any

Materials:

- Canister (e.g., a water bottle)
- Tape
- String
- Straws
- Rubber bands

Directions:

Set up a canister in the middle of a square 5x5 ft. taped off area. Give students a bag of materials with string, straws and rubber bands. The group's goal is to retrieve the canister without touching the ground inside of the taped off area.

(Directions cont.)

Give each group two minutes to plan. During this time, they can touch all materials and step inside the taped off area. Once the two minutes are up, the students are no longer allowed inside of the taped off square. Give them 10 minutes to accomplish the task. Make sure that students know that everyone should be participating in some capacity.

After five minutes have passed, stop the group from working. Give them an additional two minutes to discuss what they are doing.



Ask them:

- Are they close to accomplishing their goal?
- Do they need to make revisions to the plan?

After they re-assess their plan for two minutes, tell them to begin again. Remember, they only have five minutes to accomplish the task.

Discussion Questions:

1. What worked?
2. What didn't work?
3. Did anyone emerge as a leader during this activity? How so?
4. What are some of the characteristics he/she demonstrated as a leader?
5. How can this activity teach us to be better leaders?