



ODT Activity

It is an outdoor activity, fun, bonding, good for team work and creating trust. for all ages

Instructor / Madrichim: .

Participants: JK .

Date:

Time / Duration: 130 minutes (take into account around 2.5 hours)

Place:

Goals:

- Creating group dynamics
- Create trust between group members
- Developing creative thinking
- Formation of the Group
- That the participants will play active games
- A little “get out” of the classroom and do something outside
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Each station in this activity can improve and address the group or individual problem. Before you choose which activities you want to do, try to understand what the social challenges are in your group and choose the activities considering these things.

All activities can be done in several groups and compete with each other or as a single group and by measuring times (so each time we try to do it in less time).

It is recommended to think about a concept that suits the activity, a subject that will be a framework story and stick to it throughout all the activity.



Opening / Trigger: [30m]

We'll start with trust-building games in the group, first one on one, then the group and eventually, the individual on all the group.

1. We will split into pairs. First one will stand with his back to his friend, the moment his friend says, he falls back into the hands of his partner. The more they trust each other, the more the couple can get away from each other and the fall will be longer. It is forbidden for a friend who falls to extend his foot backwards because it means there is no trust. After several attempts, the roles should be replaced. As guides you need to make sure they do it and experience trust in each other and of course no one falls on is backs.



2. We will use a rope tied at both ends to each other. All the participants will hold the rope, the first exercise is simply to lean back, the second step is to go down to the sitting with the whole group leaning on the rope. If they all sat, now they had to go back to standing without leaving the rope or touching their hands with the ground. This can be repeated several times.
3. A volunteer was chosen, preferably one with confidence. The volunteer will stand on a chair or something higher, when the group members stand behind him in pairs and hold hands on a X shape. When everyone is ready the volunteer falls back into the hands of the group members. After doing this with one member, we will aspire that all members of the group will do so, even the least popular and of course the more heavier ones in the group.





Activity content:

Main activity: [90m]

We choose number of activities that are suitable for activities in the woods or groves, but of course there are many other activities that can be done, depending on the group, place and time we have.

1. Balls in a roll: Each participant receives a roll and the team must move a ball from the starting line to the end of the track only by moving the ball through the cylinders one between the other.



2. A human bridge: Each pair gets/find a strong stick. Standing in a row opposite each other. The whole team must get from the starting point to the end of the track as they move only on the bridge left by the couples with the sticks.



3. Over the fence (or a spider-net): We are installing a rope net between two trees. The team must transfer each team member from one side to the other. When they are not allowed to touch the ropes, they are not allowed to return to the other side around the net, and the more you transfer the team member from a higher position, the more points you get.





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4. Building a tower with wires and hooks: Each member of the group receives a rope end, all the ropes tied together, and in the center there is a hook. The group members must cooperate to catch a brick and build a tower as high as possible of all the bricks.



5. Sticks Race (A): Each member of the group holds a rope end attached to the A structure. One of the members of the group is standing on the A structure and, with cooperation, the group must move the A to the end of the course.



6. Minefield (pairs): Divided into pairs, one of the couple covers his eyes. Prepare in advance an area with obstacles (sticks, chairs or even colored papers). The blindfolded partner must cross the minefield only with the guidance that will be told by his partner who sees the minefield but can not walk.
7. Turn the carpet: The entire group should stand on a sheet, carpet or towel (depending on the size of the group), and when all the participants are on the sheet, they must turned it upside down without dropping out of it. It is desirable that already when the group members on the sheet we will have them crowded, otherwise the exercise will be too easy.



8. Millipede: The team receives two long boards connected with ropes, the group members must stand on the boards, hold the ropes and in a joint timing start walking, step by step. They must reach the end of the route as quickly as possible.
Can be divided into four people if the group is too large.



Summary/ Sikum: [10-15m]

In the course of the action, make sure that all the participants are active, at the end of the activity, we need to name all the challenges that the participants have undergone and overcome. It is the time to enhance the participants' sense of competence and to strengthen the group. You can also ask the participants to name a friend that helped them, what helped them or how they would better work together in the future? To see what their strong side was and what was their weakness in every game? What can be learned from this?

Equipment:

Make sure you have the equipment needed for the activities you have chosen to do and prepared them before the activity itself (take into account that it takes time to organize the stations in the field)

- Rolls of paper / plastic
- Small balls
- Ropes
- Boards
- Obstacles (for the minefield)
- Rope and brick game
- A structure (3 boards and ropes)
- Activity document
- Drinking water
- Table for the scoring list + pens
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Summary and conclusions from previous activities:

The activity passed successfully. Some of the stations took more than expected, so we had to give up one station. If there is a time it is advisable to make a small summary between the stations. During the activity, we had to keep the participants from cheating.

- Make sure the rules are clear.
- Keep an eye on problematic participants.
- Please note that if there is a station that risks the participants, remove it or stop the activity immediately.
- We have to plan in advance which stations we are willing to give up and what is very important to us, in case of a time problem.
- Make sure all participants are active throughout the activity.
- You have to plan well and make sure that when the time is up for each station, go to the next station.

Based on activity from the Madrichim Seminar 2019

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