**Team Building Activities**

**Crossing the River**

The aim of this game is to work together to get all of your team members and equipment from one side of the river to the other, using the equipment only and without any of your team mates touching the water. This is about using **communication** and **teamwork.**

**Step 1:** Mark out an area to be the river (this can be as big or small as you like).

**Step 2:** Put your chosen equipment at one side of the river, it is recommended to use between 3-6 pieces depending on how many are taking part or how hard you want the course to be. Some equipment ideas you could use from home could be; **hula hoop, gym mat, pillows, cardboard, rope.**

**Step 3:** You have 30 seconds to plan a route and decide who is going to lead/start and who is going to be at the back of the line.

**Step 4:** Start behind the line but remember if one of your team mates touches the ‘water’ you all have to go back and start again. Your team and all equipment must be across the finish line.

**How to make it harder?**

No talking.

Less equipment.

Bigger ‘river’ to cross.

Add a timer.

