



ALP Planning Resource

Information we need	Rational/explanation	Additional comments
Event date		
Start time	Consider building into your event plan a bumper time activity in case some arrive late. Be sure to start on time, however.	
End time	It is important at ALP that we end on time. Please don't keep people late or work into break and lunch times.	
Number of participants		
Name of group	What does this tell you about the group? How can you blend this into the event?	
Group type	Student, faculty or administrative staff? Kids or adults?	
Goal of group	Might be to have fun, get to know each other, develop into productive team or learn something new. Other?	
Dates and times for pre-event planning meetings	Meet with your contact. Face to face is nice but consider phone or email options.	
Location:	We value place based learning so location is important. What supports learning best: wilderness, urban or classroom setting?	
Number of facilitators	Based on group size, outcomes and break-out group size, how many are needed? What should our facilitator / participant ratios be?	
Access Issues	Anyone in a wheelchair, hearing or visually impaired? Best to plan ahead to adapt activities so everyone can participate.	
Develop your itinerary	Content and outcomes drive the itinerary.	
Set up time	Allow plenty of time for set up. Avoid the stress of being rushed!	
Take down time	Plan time to put the gear away. You might choose to include participants.	
Travel	Time, vehicles, safety/liability, drivers and transporting gear are all concerns	
Return Travel	Include this in planning and itinerary	
Follow up	What kind of follow up is appropriate? Options include: evaluation, additional events, follow up call, are their activities the group can do on their own?	
Other	Planning a unique event? You may need to generate you own questions.	



## Autographs!

### Group Size:

Good for larger groups.

### Time

20 minutes, more time for larger groups.

### Materials

One Autographs handout for each participant. Use ours or create your own.

Pens / pencils.

### Goal

Learn interesting things about each other, getting started, get to know one another and breaking ice

### How to Play

Each participant gets an "Autographs" handout.

Everyone must introduce themselves prior to asking for their autograph

Collect as many autographs from other participants as possible.

A participant can only autograph a box if they can answer yes to the question.

Those with the most autographs are entered into a drawing for a prize

### How to Facilitate

Introduce the activity and explain how to play.

Tell participants how much time they have to collect as many autographs as possible.

Optional rules:

If the group has 20+ participants, add the rule that people can only sign one or two boxes or that people can only ask two questions to each person. If there are fewer participants, they can sign three or more boxes.

Consider new and different rules to change the activity.

### Optional Processing

Who collected the most signatures?

Who found out something interesting about someone else?

Allow participants to share their answers to Autographs questions.

Talk about opportunities to network.

Show how one might get to know more than just what is on the surface of others

Point out regional differences, similarities, etc

Have you been on T.V.?	Have you jumped out of an airplane?	Do you like sushi?	Do you have a family with more than five members?
Have you been to another country?	Have you met someone famous?	Are you from another state or country?	Have you participated in an extreme sport?
Have you seen the ocean?	Have you encountered an animal in the wild?	Have you met a politician?	Do you know how to speak another language?
Do you exercise more than 3 times a week?	Have you ever used a personal trainer?	Have you ever been to the desert?	Have you ever cut down a tree?
Have you been to a professional playoff game?	Have you met a professional athlete?	Do you dance on a regular basis?	Have you ever found gum under a table?
Have you ever ridden the light rail?	Do you own a pet snake?	Have you ever voted in a presidential election?	Have you seen a Broadway play?
Do like Blues music?	Have you ever volunteered your time?	Have you ever been on a helicopter?	Have you lived here your whole life?
Have you ever lived in a culture different from your own?	Do you like to watch survivor?	Do you own a pet dog?	Have you ever eaten menudo?

Collect as many autographs from others in your group as you can! To collect an autograph, you must introduce yourself and ask the person the question in the box. Find out something new about others in your group. Ask more than once—who will have the best story?



## Iceberg

### **Group Size:**

4 or more.

### **Time**

2-3 minutes per participant plus 5-10 minutes to set up and process.

### **Materials**

One Iceberg handout for each participant. Use ours, create your own or ask group members to draw their own.

Pens / pencils.

### **Goal**

Learn interesting things about each other, break down barriers to communication, give opportunity to share, learn of shared experience among group members and breaking ice.

### **How to play:**

Participants fill out the hand out and share their iceberg with others.

### **How to Facilitate the Activity:**

Explain how to play.

Share the goal with the group.

The 10 % of the iceberg showing is what others see first of the participant. The 90% of the iceberg is what others may not know about the participant that is relevant to the goal and that the participant would like to share with the group.

Give the group 2-3 minutes to fill in their Icebergs.

Give each participant the chance to Share their Ice berg with the group

Optional:

Allow group members to ask questions of participants (add time for this).

### **Optional Processing**

After everyone shares ask what was learned and for any observations.

### **NOTE:**

Be creative and you can develop many outcomes from this activity!

[Click to open the hand-out](#)



## Introducing!

### Group Size:

4 or more. Good for groups up to 20.

### Time

2 minutes to introduce the activity.

Allow 5 minutes for one on one time.

Plan on 1 or two minutes per participant for introductions to the group.

### Materials

None required

### Goal

Learn interesting things about each other, getting started, get to know one another and breaking ice

### How to play:

Participants pair up and interview each other with provided questions. Each team member introduces the other to the group.

### How to Facilitate the Activity:

1. On a flipchart or a handout provide the group with the interview questions. Here are some possible questions:
  - Name, job, and or area of study
  - Where are you from
  - What hobbies or recreational activities do you do
  - What is most important to you regarding this event
  - Have a funny nickname
  - Is there surprising fact about you to share
  - Do you have experience with the content of this conference
2. Break into teams of two (number off or talk to the person your closest to).
3. Give the team 2-5 minutes. More time allows participants to start a dialogue.
4. Go around the room and allow a minute or so for members to introduce one another to the group.



**Participants:** 4 or more

**Materials:**

- Marking pens
- Name tags or tape

**Goals:**

Get acquainted, have fun and break the ice

**How to facilitate the activity:**

First, choose a theme that is appropriate for the group, then write a person, place or thing on a name tag or tape. You can choose a theme that fits with the goal of the meeting or just for fun. Here are a couple ideas: cartoon characters, political figures, animals, or types of food.

Next, place a name tag with an identity on each participant's back.

Three options for facilitating this activity:

**Open start time** – as participants arrive, give them name tags with their secret identity and explain how to play. Allow about 20 minutes to one half hour for everyone to arrive and play. Late arrivals will not have as much time to finish.

**Open end time** - allow participant to play throughout the day's activities, during breaks, lunch and time set aside for Secret Identity.

**Definitive start and end time** – Set aside 20 – 30 minutes based on group size.

**How to play:**

Participants mingle with one another asking three yes/no questions in an effort to ascertain their secret ID. For example:

- Am I famous?
- Am I a rock and roll star?
- Am I Jack Handy?
- Etc...



## Acid River

Outdoor Adventure | Campus Recreation at Auraria

### Teambuilding Certification Activities

<b>Activity:</b>	Acid River
<b>Equipment</b>	Three eight foot long 4x4 timbers Nine "rocks or islands" aka, closed cell foam squares
<b>Description:</b>	Participants must work together to solve this challenging problem. The difficulty is problem solving how to arrange the timbers to span the distances between the foam squares.
<b>Directions for Participants:</b>	Utilizing only the logs provided, cross the rapids from rock to rock (blue squares). The rocks <u>cannot be moved</u> , they weigh several hundred pounds each. Everyone must cross. Don't step in the river or you'll be swept away and the group will be forced to backtrack, rescue the fallen hiker and start over again! You must bring your timbers with you, incase there is another river on the trail.
<b>Rules:</b>	Step off and you are swept away and group must return to bank and rescue you Don't move the rocks Everyone must cross Bring timbers with you Log won't reach on the diagonal, it might come close, but won't reach!
<b>Coaching Tips:</b>	Listen Communicate Teamwork is key
<b>Processing Tips:</b>	Did others listen listened to your ideas? Did you listen as well as you should have? Who found the activity frustrating? Was there any time you felt the problem was impossible? Did anyone feel the activity was unsafe? What did you do about it? What would you do differently? Did everyone contribute?
<b>Considerations:</b>	Careful set up is required – measure and re-measure distances between logs (they must not reach on the diagonal) You'll need to enforce the rules or the problem is often avoided Blind participant? Designate a guide Wheelchair participant? They can play by holding onto someone else or coaching and participating in problem solving
<b>Safety:</b>	Please watch for splinters, splinters and splinters! The logs are heavy so work together Lift with your legs, not you back. The logs may be wobbly on the ground, please spot each other for safety. Be careful not to swing a timber into someone.



## Attitude

Outdoor Adventure | Campus Recreation at Auraria

### Teambuilding Certification Activities

<b>Activity:</b>	Attitude
<b>Equipment</b>	Various sections of conduit cut to different lengths, tubes and various connections including Ls, Ts, Ys and other.
<b>Description:</b>	Using the connections sections of conduit, participants work together to create strange and fanciful structures. The goal may be to use all pieces, build the tallest structure or build a structure that's as long as possible, others...
<b>Directions for Participants:</b>	Using the conduit and connections provided, please build a structure (like one of described above). At the end, everyone will judge the highest, longest, strangest, coolest structure of all.
<b>Rules:</b>	Only the conduit and connections provided may be used, no weights or other supports are allowed.
<b>Coaching Tips:</b>	Start with a stable platform. What make for a stable structure?
<b>Processing Tips:</b>	Did your structure ever fall? How did you feel about that? What would you do differently? Did everyone contribute? Think about this: does this compare this to an experience they have had on campus? Would anyone like to describe this experience?
<b>Considerations:</b>	You might place a short time limit to increase excitement and represent some other deadline. Blind participant? Designate a guide to share conduit. Have the group build their structure on the floor, ground or on a table. Can groups combine structure to create something more stable? Taller?
<b>Safety:</b>	Warn participants about eye injuries. This is especially concerning when people are taking the structure apart because the connections can stick, making them difficult to take apart and sort of popping all at once.



Outdoor Adventure | Campus Recreation at Auraria  
Teambuilding Certification Activities

<b>Activity:</b>	Bull Ring
<b>Equipment</b>	The bull ring and a couple of different sized balls.
<b>Description:</b>	Everyone takes a string in hand and, by holding tension, the ring and ball are elevated. The ball is then transported via an agreed upon route and deposited in or on some object. For an extra challenge, try working with more than one bull ring set at a time or break into two groups and have a race!
<b>Directions for Participants:</b>	Ask participants to grasp a string. Place a tennis ball (or similar) on the ring. Now ask the group to raise the ball and transport it to the chosen location.
<b>Rules:</b>	Participants must stay near the end of their string – no moving into the middle. If a ball is dropped, you may impose additional challenges such as blindfolds or returning to the beginning of the route.
<b>Coaching Tips:</b>	Work together. Listen to everyone.
<b>Processing Tips:</b>	Did everyone listen when you made a suggestion? If the ball dropped, how did you feel about that? What would you do differently? How many could participate? How few could do this? Think about this: does this compare this to an experience they have had on campus? Would anyone like to describe this experience?
<b>Considerations:</b>	You might place a short time limit to increase excitement and represent some other deadline. Blind participant? Share a string with a guide or use verbal cues. Stairs, trees, hills and other obstructions add to the experience and the challenge.
<b>Safety:</b>	Be very careful around stairs, trees, rocks, etc. - better use spotters. Watch for irregular terrain.



## Can Do It!

Outdoor Adventure | Campus Recreation at Auraria

### Teambuilding Certification Activities

<b>Activity:</b>	Can Do It!
<b>Equipment</b>	Various sections of conduit cut to different lengths, tubes or crossections. One marble plus one or two spares
<b>Description:</b>	Using sections of conduit, participants work together to transport a marble along a given route to a defined destination.
<b>Directions for Participants:</b>	Gather the white sticks (conduit) and utilizing these only, transport the marble from the start to finish line. Everyone must have one segment of conduit and everyone should be involved.
<b>Rules:</b>	The marble must roll from one conduit to another. Once the marble is in a conduit the person holding that conduit must stand in place. You can't touch the marble once you begin the activity. Drop a marble and you must return to the starting point? Other penalty? No penalty? No running
<b>Coaching Tips:</b>	Let cool heads prevail! You'll be served by calm, coordination and communication...
<b>Processing Tips:</b>	Think about this: does this compare this to an experience they have had on campus? Would anyone like to describe this experience? Was there any time you felt it was dangerous? What would you do differently? Did everyone contribute?
<b>Considerations:</b>	Not enough conduit segments? Put two or three people on each. Blind participant? Designate a guide to share conduit. Wheelchair participant? They can play, watch for people getting run over! What if you tried it with more than one marble? Hmmm...
<b>Safety:</b>	Obstacles make this fun and more challenging but also add risk. Choose the route carefully but don't avoid obstacles completely. We use stairs and doorways, hills and trees, etc. Spot participants. No running! Marbles are choking hazards so keep them away from the little kids. No hitting with conduit (people do!).



## Chasm Crossing

Outdoor Adventure | Campus Recreation at Auraria

### Teambuilding Certification Activities

<b>Activity:</b>	Chasm Crossing
<b>Equipment</b>	2X4X18 inch boards (aka bricks) and two 10' lengths of tubular webbing. (optional: tape, pens)
<b>Description:</b>	Use the webbing to define the edges of your imaginary chasm by stretching them out, parallel to each other 10 or 15 feet apart. The group must build a bridge from one side, across the chasm, to the other side.
<b>Directions for Participants:</b>	Everyone gets a board. Ask everyone to take a moment to reflect on what might be an important trait that will serve group members as they work to reach a goal (examples include "teamwork" "humor" "support" "leadership" the list goes on...) Then ask the group to build their bridge across the chasm (as an option, you might ask members to write the trait on tape placed on the bottom of the brick).
<b>Rules:</b>	Each participant must remain in contact with his "brick". Each brick must contact another brick, just as in a real bridge. Participants are encouraged to support one another by holding hands, locking arms, etc. A brick will "fall into the abyss" if left unattended (if a participant is not touching it). Each player who loses a brick will have to team up with someone else and share their brick. Ask the group to leave no brick behind, as they may need them to cross another chasm, at some time.
<b>Coaching Tips:</b>	Think stable structure, wide stance and support. Listen to others.
<b>Processing Tips:</b>	How many people could participate in this activity? How few? Think about this: does this compare to an experience they have had on campus? Would anyone like to describe this experience? Did everyone contribute? Did everyone listen when you made a suggestion? In hindsight, what sort of structure would you build next time? Describe...
<b>Considerations:</b>	Not enough boards? Put two or three people on each. Blind participant? Designate a guide to share a board. Wheelchair participant? They can play, watch for people getting run over!
<b>Safety:</b>	Some may lack flexibility, foot wear or active clothing to actually keep in contact with their brick – enforce the rules accordingly i.e. strict or slack. Spotter might be considered, especially on the grass. No hitting with boards (people do!) Watch for SPLINTERS!



Notes: