



Unit: Team Building

Skill 31: Becoming a Team

Activity B: Flip the Blanket

Activity Skills:

Problem solving, communication, teamwork, balance.

Leadership Skills:

Problem solving, communication, teamwork.

Suggested Level:

Beginning

Time:

20-30 minutes

Supplies needed:

- One or more blankets (or tarps) just large enough for the entire group to stand on.

Do Ahead:

Figure out how large of a blanket you will need to fit your entire group.

Source:

Developed by:
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Based On:

The common teambuilding activity, "Flip the Blanket."

BACKGROUND:

This is a fun way to focus on teamwork and communication as participants attempt to flip a blanket over while standing directly on top of it.

WHAT TO DO:

This activity usually works best with groups of 8-15 people. As with any group activity requiring close physical contact, remind participants that if they become uncomfortable at any time, they may excuse themselves from the game. Also, if you have a particularly large group, you may want to create two or more teams and have them compete against one another.

First, lay a blanket (or a tarp) flat on the ground. The entire group will start out standing on the blanket with the object of flipping the blanket entirely over. They may not step off of the blanket at any time and they may not use their hands. If someone violates one of these rules, the group will have to start over.

TALK IT OVER:

Reflect:

- Did certain people step forward and take the lead at different times?
- How did your group finally succeed in flipping the blanket?
- What did you learn about your group's ability to work as a team?

Apply:

- What skills will you need to work on in order to become a more effective team member in other situations?
- Have you learned anything about your colleagues' leadership styles that will help you to work better as a team?

BEYOND THE BOX:

Optional Homework:

Option 1: Assessing my teamwork skills: Create a two-column list outlining your teamwork skills. In one column, list all of your best skills and in the other column list the skills that you might need to improve upon. Remember, you don't need to be bad at something to seek improvement.

Option 2: Create a personal action plan: Make a list of at least five teamwork skills that you would like to improve and write a sentence or two for each skill about how you plan to improve.

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Notes:

Resources and Web Links:

New Tactics in Human Rights, [Flip The Blanket](http://www.newtactics.org/file.php?ID=880)
<http://www.newtactics.org/file.php?ID=880>

Training for Change, [Flip The Blanket](http://trainingforchange.org/content/view/55/39/)
<http://trainingforchange.org/content/view/55/39/>

Wilderness Store Online, [Team Building Activities, Initiative Games, & Problem Solving Exercises](http://www.wilderdom.com/games/InitiativeGames.html)
<http://www.wilderdom.com/games/InitiativeGames.html>