

# Team Building Activity - "Cup Game"

**Summary:** Follow the motions while communicating and working together as team with your classmates.

**Goal:** Keep your cup in play while helping with the group objective.

## **Preparation:**

- \* One plastic or Styrofoam cup for each person
- \* Desks moved into a circle, table, or the floor

Please note: The plan is to re-use the cups (not for personal use) for this activity next year so please ask the students to refrain from putting the cups in their mouths. Also, the cups will be rotated around the room as the activity gets going so you may want the students to wash their hands before and after the group activity.

## **How to Play The Cup Game:**

1. Distribute one cup per person. Have each person stand in the circle with their cup upside down.
2. While allowing students to use their cups, watch the first video (It lasts 3:18.) demonstrating how to complete the cup game:

<http://www.youtube.com/watch?v=Grb1oa72kmk&safe=active>

After watching the demonstration and learning how to play the game, watch the next video (It lasts 3:38.) to show the students how to complete the game while in a large group arranged into a circle. You don't have to watch the entire video. It is just a visual of how it should work for the entire class. It talks about getting out if you mess up. Instead, it would be great to time the kids on how long it takes for one cup to complete the entire circle of students. After they have practiced, time the students again and see how much time they took off from the original timed cup completion. (The objective is for the students to work together to reach their goal which is to better their time.)

[http://www.youtube.com/watch?v=eI7NRF\\_w9cM&safe=active](http://www.youtube.com/watch?v=eI7NRF_w9cM&safe=active)

## **Class Discussion:**

After completing the game, ask the students their honest feedback to the following questions:

1. What was the biggest challenge with this task?
2. Was there anything that could have been done differently to help the final outcome?
3. What came easy, if anything, in this task?
4. What, if anything, helped to make it easier?
5. Was it reassuring knowing that this was a group task?
6. Did you feel the support of your classmates?
7. Was there any communication going on during the task or was everyone concentrating on their own task and not speaking?
8. Do you feel like this same situation occurs at school - everyone is wrapped up in their own tasks (schoolwork, friends, misc. things, etc.), and you are left out of the group effort? (Be honest!)
9. On a scale of 1-10, in your honest opinion how did the group rate on our teamwork? (with 1 being most effective) On that same scale, how did the group rate with communication?
10. **What did we learn about teamwork and how important COMMUNICATION is today?**

## **Wrap Up:**

Make sure to praise the students about how well they did because for some students this will be out of their comfort zone.