

Harford District  
2016 Cub Scout Day Camp  
June 27 - July 1  
**Cub-struction**

## Team Building Games



**Station Volunteer's Guide**

Thank you for being a station volunteer! The stations are the heart of camp and truly provide our scouts with an opportunity to try out a new skill (or build on one they know) while having a great time. Our volunteers' knowledge and enthusiasm is what makes our camp great!

To make running the station easier, please take some time to read through the station guide. **While, what is being covered at the station needs to remain as outlined so that the scouts earn the correct achievements, how it is covered is only one of many methods.** If you find a better way to accomplish the requirements or if the method we have outlined doesn't seem to be working...please feel free to change it! This is only a guide...do what works best for you and the scouts coming to your station.

**One other thing to keep in mind** - some stations will be visited by all ranks. That means you may have 6 year olds through 11 year olds and may have to simplify or intensify the methods to meet the skills and knowledge of all the scouts.

Thanks again - we are glad to have you as part of Harford Day Camp!

## **Station Procedures**

- The first station begins at 10:15 on Monday and 9:15 other days...so you have some time! We've tried to only schedule 2 dens at a time (max. 24 boys) but, there may be times when you have 3. Consult your station schedule so you will know who to expect and when.
- Greet dens as they arrive. Many will have a den cheer, ask to hear it!
- Once all the dens arrive or the start time has come, begin going through the procedures for the station. **It is very important that you start and end on time!** Each time slot lasts 45 minutes. If a den arrives 10 minutes late, they CANNOT stay 10 minutes past the end of the station...that would make you and them late for the next station. If a den doesn't get finished, suggest they come back during a break or take the remaining activity with them to work on at the den.
- **Execute the station with energy and enthusiasm!** Let the scouts do as much for themselves as possible. It doesn't need to be perfect, they just need to Do Their Best!
- Don't forget the beads. Each scout earns a bead at every station for participating. Beads can be given to the den leader for distribution.
- Once the den is finished, begin resetting for the next group.
- Close the station at the end of the day by packing/organizing the supplies and cleaning and disposing of all trash. Let the Program Director responsible for the station (either Tiger/Wolf/Bear or Webelos) know if supplies are running short!

## Station Overview

Discussion about what a team is and hands-on activities will complete this station. Scouts will review/learn what teamwork is and participate in at least 3 games. 7 games are available at this station. All Scouts will visit this station and play the games appropriate for their rank.

### Set-up:

- 1) Open Bins and take out all materials for use in team building games
- 2) Each game should be given enough room on the field as appropriate for game.
  - Hula Hoop Pass - Hula Hoops (Tigers/Wolf/Bear)
  - Human Knot - no materials needed (Bear/Web I & Web II)
  - Tarp Raft - 4 Tarps (Bears/Web I & II)
  - Tennis Ball Transfer - Tennis balls, Solo Cups, Washers w/Strings attached (Everyone)
  - Unbroken Circle - no materials needed (Everyone)
  - River Crossing (Webelos) - Large Blue tarp (river), 3 foam pieces for each team of 6 or more.
  - Caterpillar Run - 2 Run Mats (Everyone)

### Break-Down

- 1) Return all materials to the bins.
- 2) Please assure that all bins are closed tightly and place under the tent for the night.
- 3) In the event that rainy weather is expected, please take the bins into the Crouse building for the night.

### Station Objectives:

Each scout will: Have fun playing these games and learning to work within his group to achieve a goal.

Before dividing into groups for each Activity, talk to the Scouts about Teamwork. "Team Building is an activity or group of activities that teach groups how to work together to complete a goal. There are many kinds of teams. (Ask them if they can name some kinds of teams - baseball, football, soccer will be most of the answers) Tell them that their Den is also a team and they work together to achieve goals in their rank. Team building helps to promote cooperation, loyalty, kindness, and many of the other points of the Scout Law.

Some activities will have the whole den participate together and some will need to have the den split in half or less.

### **Activity 1: Hula Hoop Pass (T/W/B)**

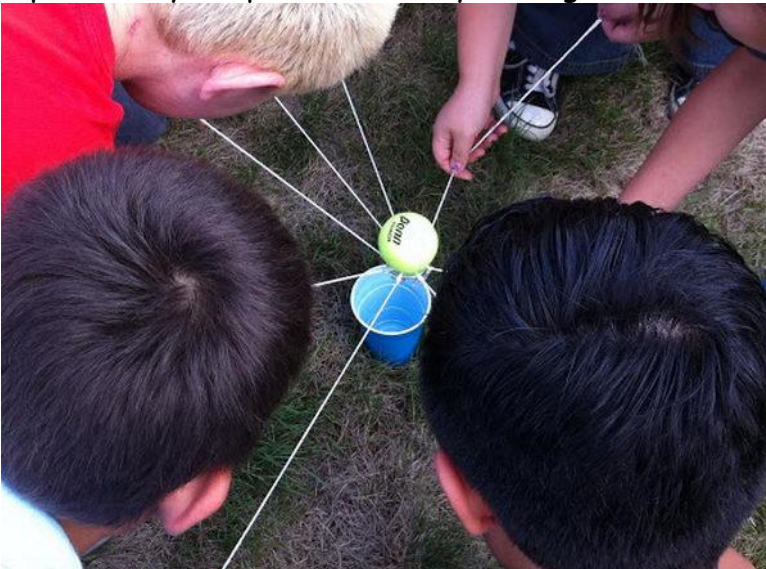
Have each den stand in a circle holding hands. One Hula Hoop should be placed between 2 kids so that they can step through it and pass it along around the circle. The circle cannot be broken and the hoop can only move over and under each child. Try to get the Hula Hoop back to it's original starting place.

### **Activity 2: Human Knot (Bears/WI/WII) Higher level of difficulty**

Each den stands in a circle with one hand outstretched to the middle. They must take the hand of another person across from them (not next to them). Then stretch out the other arm and grab a different person (not next to them). Now they must figure out how to get out of the knot and back into a circle without letting go.

### **Activity 3: Tennis Ball Transfer (Everyone) Low -Medium level of difficulty**

Teams of 6 - 8. Each team has to hold the strings that are attached to the washer and balance a tennis ball on it. Together, they must take the ball from the starting point to the Solo Cup (approximately 10 feet away?) without dropping it and find a way to deposit the ball into the cup. If they drop the ball, they must go back to the starting line and begin again.



### **Activity 4: River Crossing (Bears?/WI/WII) Higher level of difficulty.**

Teams of 6 or more. Each team has to cross the river (blue tarp) without falling in. They must figure out how to get all of their team members over the water using only a few pieces of the materials provided. The first team to get across wins. If even one team member "falls" in the river, they must start again.

### **Activity 5: Tarp Raft (W/B/WI/WII) Medium Level of difficulty**

Teams of 4 - 6. Each team gets a tarp. The tarp has 2 sides. They must all have both feet on or above the tarp at all times. Each team should fold the tarp about 4 times. The fun is in staying on the tarp together. If someone falls off. Start again. **For Webelos:** Once they get to the 4<sup>th</sup> fold, try to turn it over so when they open it again, it shows the other side.

### **Activity 6: Caterpillar Run (Everyone)**

Teams of 6 - 8 depending on how many fit in the "wheel". Everyone tries to work together to get the wheel working and moving forward.



### **Activity 7: Unbroken Circle (Tigers/Everyone)**

Each Den will stand in a circle close together, facing outward and lock arms at the elbow; sit down. On the count of 3, everyone should try to stand up at the same time. If the circle breaks, they must start again. This may take some time. Once the whole den has gotten up together, merge both dens together to try with a bigger circle.

## **Background that may be helpful....**

The emergence of the team idea can be traced back to the late 1920s and early 1930s with the now classic Hawthorne Studies. These involved a series of research activities designed to examine in-depth what happened to a group of workers under various conditions. After much analysis, the researchers agreed that the most significant factor was the building of a sense of group identity, a feeling of social support and cohesion that came with increased worker interaction.

Elton Mayo (1933), one of the original researchers, pointed out certain critical conditions which were: The manager had a personal interest in each person's achievements. The manager took pride in the record of the group. The manager helped the group work together to set its own conditions of work. The manager faithfully posted the feedback on performance. The group took pride in its own achievement and had the satisfaction of outsiders showing interest in what they did. The group did not feel they were being pressured to change. Before changes were made, the group was consulted. The group developed a sense of confidence and candour. These research findings spurred companies to seriously consider the idea of grouping their employees into effective work teams and to this day they are still important considerations for human resource developers

See more at: <http://managementhelp.org/blogs/team-performance/2011/06/08/the-history-of-team-building/#sthash.hLLMON06.dpuf>