

CHALLENGE CARD

~DVD

Stepping-Stones I

Equipment

One base for each group member and one extra base.

Starting Position

All group members stand on one base, leaving an open base at one end of the line. Group members number off so that each person knows where to begin and where to end the challenge.

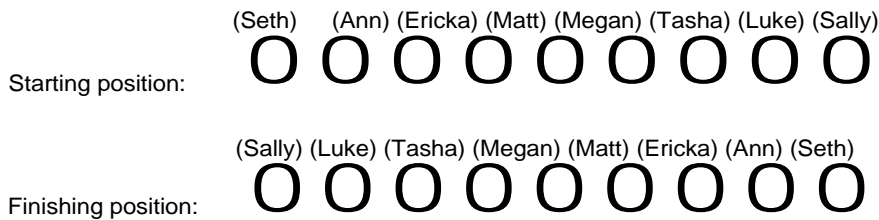
Our Challenge

The group completes the task when group members are in exact reverse order from the starting order, as in the following example.

Starting position: 1,2,3,4,5,6,7,8
Ending position: 8, 7, 6, 5, 4, 3, 2, 1

Rules and Sacrifices

1. Only one person may touch a base at a time.
2. A person may move in either direction to a neighboring base.
3. Group members may touch a new base only if it is empty.
4. The bases may not be moved.
5. Group members must wear shoes.
6. If more than one person touches a base, the entire group must start over.
7. No one may call others by their last names or use put-downs.
8. If anyone touches the floor, the group must start over.



ORGANIZER CARD

~DVD

Stepping-Stones I

Questions

1. What are we trying to accomplish?
2. How many bases do we get?
3. What happens if someone touches the floor?
4. What happens if two people touch a base at the same time?
5. What are some ways that we can help each other?
6. Can you think of any safety issues that we should discuss?

From *Essentials of Team Building* by Daniel W. Midura and Donald R. Glover, 2005, Champaign, IL: Human Kinetics.

Reprinted, by permission, from D. Glover and D. Midura. 1992, *Team building through physical challenges* (Champaign, IL: Human Kinetics), Appendix.