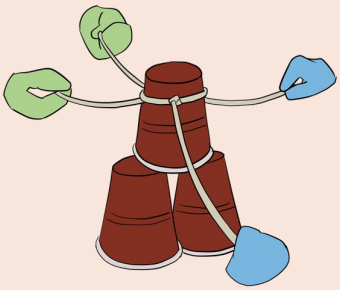
INSTRUCTIONAL STRATEGIES



Tower Challenge

Teams work together using strings attached to a rubber band to stack cups into the tallest tower possible without touching the cups directly.

TOWER CHALLENGE

Summary

In this activity, each participant controls one string, requiring coordinated effort and precise teamwork to maneuver the rubber band and lift the cups into place. This team-building activity is a great way to illustrate the importance of communication and collaboration. It encourages participants to listen, adapt, and cooperate to problem-solve.

Procedure

1. Cut four pieces of string, each about 25 inches long. Tie one end of each string to a rubber band, spacing them evenly. Create one of these rubber band tools for each group.
2. Divide participants into groups of four. Give each group six cups and a rubber band tool.
3. Have each person in a group hold one end of the string as the group works to stack cups into the tallest tower possible using only the rubber band tool.
4. Give groups three minutes for this task.
5. When time is up, discuss what strategies worked and what could be improved.
6. Play a second round.
7. Finish by discussing how this activity relates to teamwork or group challenges.

https://youtu.be/Jdbvp_qW9CY?si=lcWgH9GzEy6NM3lz