

Building Dynamic Groups



Stump Jumping

- Objective:** To teach team building & cooperation skills.
- Equipment:** Enough circular objects (approximately 10" to 14" diameter) for each member of the group to stand on. These could be wooden disks, log sections, 5 gallon bucket lids, paper plates, carpet, etc. (or 8½ x 11 sheets of paper).
- Set-Up:** Place the "stumps" in a perfect circle approximately 6" to 8" apart, one per participant. Place one participant on each "stump".
- Directions:** You are to move from stump to stump without falling or stepping off until you get back to your home stump. Set a time record and try to break it with succeeding attempts.
- Rules:** Step or fall off and you start over.
- Safety:** No carrying participants.
Use non-slippery stump or non-slippery surface (floor).
- Variations:** No two people can be touching the same stump at the same time (must jump with both feet).
Go opposite directions.
Hop on one foot; alternate feet.
- Process Questions:** How did you communicate?
Who coordinated?
Was timing a problem?
Did you give each other physical support? How?
What made this activity difficult?
Is there a different technique anyone would like to try?

Reference: Fark, J. (1994) Human knot. Team Challenge: Introduction to low initiatives training. (Available from Ohio State University Leadership Center, 109 Agricultural Administration Building, 2120 Fyffe Rd, Columbus, OH 43210)