



# SES Volunteers Association of WA (Inc)

One Association - Many Values

## Team Building

### Balloon Tower

#### OUTLINE:

- Small teams are asked to build the tallest, most cost-effective, free-standing tower using just balloons and some sticky tape within a set time.

#### RESOURCES:

- Energiser Exercise, teamwork creative thinking
- People Required: 6 - 50

#### TIMINGS:

- Set-up: Up to 15 min
- Running/De-brief: 30 min
- Pack-up: Up to 15 min

#### HAZARDS AND RISKS:

- Specific Safety Notes: *In addition to standard safety practices:*
- Check that the space you intend to use is safe i.e. flat, free of furniture and glass etc.
- If the group size exceeds 12 consider running the activity with several teams at the same time.

#### KEY LEARNING POINTS:

- Communications, Teamwork, Trust

#### EQUIPMENT & LAYOUT

- One packet of multi coloured balloons (20) and a roll of sellotape per team.
- 1 Tape measure.
- Sufficient table space is needed for each team to work on their tower.

#### INSTRUCTIONS:

- Split the group into small teams (of 2 - 4)
- Introduce the exercise by stating that the challenge is to build the tallest, most cost-effective freestanding tower
- Explain the 10-minute time constraint
- Explain the costs involved for the materials i.e. cost for packet of balloons, Sellfotape.





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- Assign each group their balloons. Also provide each team a briefing.
- Reinforce the rules that the tower must be unsupported and freestanding after 10 minutes.
- Start the activity and the timer. Give the teams a time check after five minutes and a one- and two-minute warning.
- After 10 minutes, call time or give an extension at your discretion.

## **REVIEW & CONCLUSION**

- Ask how it felt to be asked to carry out the task?
- Ask who were the leaders?
- Ask how each participant's confidence felt at the beginning of the task?



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