

101 TEAM BUILDING ACTIVITIES FOR STUDENT LEADERS



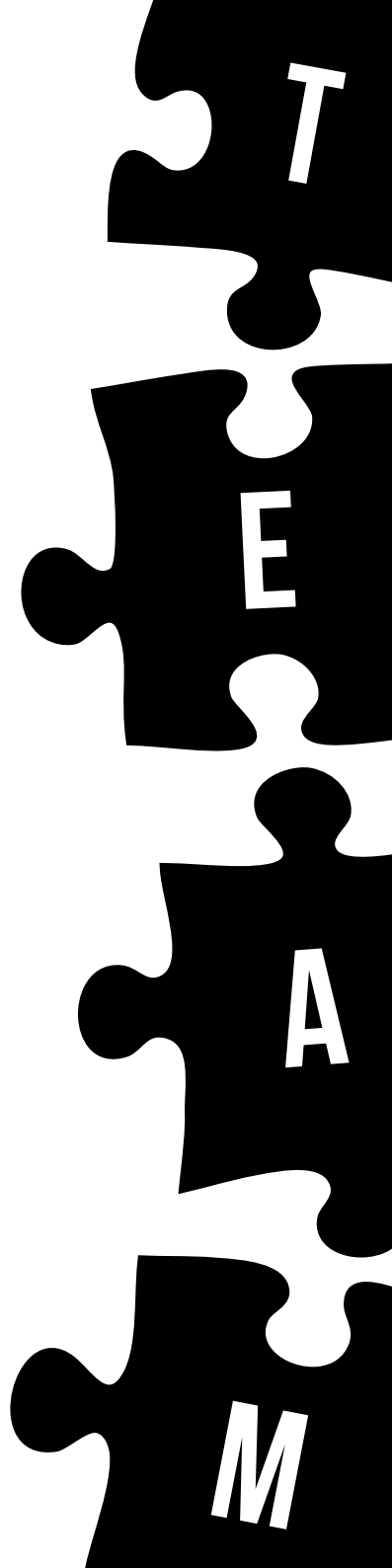
GRIPLEADERSHIP



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Welcome to 101 Team Building Activities for Student Leaders! With every activity listed in this book, please ensure that you assess any risk involved to students, staff and property. Please do not force any student to complete an activity that they are not comfortable with, as this will have a detrimental affect on both them and the team in which they are involved. If you are unsure of how to effectively facilitate a specific activity please feel free to contact GRIP Leadership. There are a set of questions you can use to de-brief each activity in the appendix section.

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CHAPTER 1

SPORTING AND ENERGETIC ACTIVITIES

#1: CIRCUIT CHALLENGE

Materials Required: Onions, Pen and paper

This activity requires students to complete a circuit of different challenges. In order for a team to be successful they must be the first to complete all set challenges. Each challenge must be completed before starting the next challenge in the circuit. Challenges include one person eating an entire onion, one person completing 100 push-ups, one person collecting 20 signatures and one person yelling the school motto while completing 50 star jumps.

#2: LIVEWIRE

Materials Required: Multi-purpose rope

Take a long piece of rope and tie it around two trees, creating a web affect with various size holes (make sure the smallest hole is big enough to fit a person through horizontally). The rope now becomes an “electric fence”. Students must find a way to get every student from one side of the fence to the other without touching the fence. Each student must travel through one of the holes in the fence, and holes “close off” after one person goes through it. Of course, depending on how many people there are, you can specify how many people are permitted to go through each hole. If an arm or leg touches some part of the electric fence, the group is no longer able to use it.

#3: HUMAN PYRAMID

Materials Required: None

Divide students into groups of 10 and have them attempt to create a 4-3-2-1 pyramid. Make sure students place their hands and knees about shoulder width apart, keep their back straight and straddle the gaps between other students.

#4: OBSTACLE COURSE

Materials Required: Various

This is an obstacle course with a twist. The goal of this activity is to have students carry an object through an obstacle course without dropping it. Use your imagination when creating the obstacle course. Have students pick up the object and carry it through the obstacle course carefully. If they drop the object, they must start again. Variations include carrying an egg on a spoon or carrying one team member.

#5: EARTHWORM JIM

Materials Required: None

Have all students lie on their stomachs in a straight line about one metre apart from each other. The person on one end gets up as quick as they can and runs over every person, placing their feet in between the gaps. Once they reach the other side, they lie back down. The next person gets up after the first person runs over at least three people and so on. To add another level of difficulty, have students run and lie down in different angles like dominos. Continue through multiple rotations.

#6: SHAPE PUSH-UPS

Materials Required: None

Ask one student to lay on their stomach as if they are going to do a push-up. Have the next student lay down perpendicular to the first student, placing their feet and ankles on the middle of their back. The following students do the same, creating either a shape or jagged line like a W, whichever you prefer. To complete this activity, all students must successfully push-up and hold their position for five seconds.

#7: ULTIMATE PING PONG BALL CHALLENGE

Materials Required: Paper, Ping Pong Balls

This activity can either be done individually or in partners. Give each person (or team) a ping pong ball, and have them choose a piece of paper with one person or team's name on it out of a hat. They are NOT to show anyone the name that is on the piece of paper. Then give each person five minutes to hide somewhere on the premises. After five minutes, start the activity. Each person must now attempt to find who was written on their piece of paper and hit them with the ping pong ball. If someone is hit, then that person must hand over the name they got at the start, which then becomes their next "target". No one knows who is going after them, and thus turns into a game of strategy.

#8: MONSTER WALK

Materials Required: None

Divide the group into smaller teams. Each team must make their way from the start line to the finish line whilst being connected to one another. To make this more difficult, only a certain number of contact points between the team members and the ground are permitted. A contact point is any part of the body (such as an arm, leg, foot, hand or knee) in contact with the ground at one given time. An example of rounds could include:

Round 1: Five body parts in contact with ground.

Round 2: Four body parts in contact with the ground.

Round 3: Three body parts in contact with the ground.

#9: SPOILER ALERT

Materials Required: Foam Ball

Create the boundaries of the playing field. Spread each student out so they have room to move around. One person volunteers to be the “spoiler” and is given a foam ball, while everyone else becomes a “fresh vegetable”. Vegetables signify their freshness by being as happy as possible. The spoiler then tries to tag every other person by touching them with the ball, which freezes that person in place and causes them to “spoil”. But wait! Spoiled vegetables can be made fresh again if two fresh vegetables link hands around him/her while yelling “REFRESH!” If seven vegetables link up in a circle and count to ten without being tagged then the spoiler will be shut down forever.

10: DODGEBALL WITH A TWIST

Materials Required: One dodgeball

All normal dodgeball rules still apply for this activity except there are no teams. Have students stand in a large circle, place a dodgeball in the middle and start the activity. The first student to reach the ball is able to throw it at someone else. Once a student throws the dodgeball, they must allow another student to throw the dodgeball before they are permitted another turn. If the ball hits someone then they are out. If the ball is caught, then the person who threw it is out and the first person who got out is back in.

11: DODGEBALL BULLRUSH

Materials Required: Dodgeballs

Divide groups into teams of four and nominate one team to be the dodgeball throwers. This team now must stand and throw within a small marked out circle in the middle of the field. Have the other teams link arms and stand on one side of the field. When instructed, students attempt to cross the field without getting hit by a dodgeball. If someone gets hit, they must unlink themselves from their team and sit out. Throwers are only allowed to throw one ball per round, and must retrieve the dodgeballs after each round. Cycle through teams being throwers once everyone has gotten out.

#12: SCREAMING NINJA

Materials Required: None

Have students stand in a circle and put both their hands together out in front of them, creating a “chopping” position. Their hands stay together throughout the activity. One person starts the activity by lifting up their arms over their head. Then they lower their arms and point to another person across the circle. That person now puts their hands above their head while the two people either side of them make a chop motion towards his mid section. That person then proceeds to point to another person in the circle and so on. If someone hesitates to react, forgets to chop the person next to them before it is passed or begins chopping without being pointed at (or standing next to someone being pointed at), they are out. All movements must be accompanied by a loud ninja noise!

#13: SOCK SEIZE

Materials Required: One sock per person

Have students sit down in equal teams and take off both shoes and their left sock. Each team member should now only be wearing one sock on their right foot. The aim for each team is to try and seize the most amount of socks from every other team. To effectively seize a sock, it must be completely removed off of that person’s right foot. Once their sock is seized that person is eliminated and must stand off to the side encouraging the remaining members on their team. The team with the most socks at then end of 10 minutes wins! Of course, feel free to create your own time limits depending on the size of the group.

14: USING YOUR HEAD

Materials Required: Beach balls

Divide students into smaller groups of three to four and have them stand shoulder to shoulder facing out. Have them lock elbows with the people next to them, creating an enclosed shape. Place a beach ball in the middle so that it is balancing on the upper back of each student. Groups must travel from a starting line to the finish line with the beach ball on their backs, making sure it does not fall to the ground. If the ball does fall, they must stay linked and are not allowed to use their hands to pick it back up. They must use their feet to kick it back into the middle of their team. The first group to cross the finish line is the winner.

15: MAMMOTH BALL

Materials Required: Large exercise ball

Almost everyone has either seen or played the game of soccer, but this activity takes it to the next level. Instead of using a normal soccer ball, use the biggest exercise ball you can find. Divide students into smaller teams and create goals for every team. Teams now attempt to score as many goals as possible using all the normal rules of soccer. For even more variation to add multiple sized sporting balls to the game. This creates an extra element of strategy while also creating a fun experience for everyone.

16: MINI BALL

Materials Required: Tennis ball

A basketball or netball court is required for this activity. Divide students into two equal teams, even if both teams are large. Instead of using a normal sized ball, play either a game of netball or basketball with a tennis ball. All the same rules apply for playing each game, except dribbling is not required if playing basketball. A key rule change for each game is that instead of having students play certain positions, students are allowed to travel anywhere on the court as long as they stop moving as soon as they catch the ball. Add another element to this activity by getting members of each team into smaller groups of two students. They must link arms and stay connected the entire game.

17: OVER THE FENCE

Materials Required: Multi-purpose rope

Tie pieces of rope straight across at various heights between different sets of trees, starting low and progressing higher each time. Students now must find a way to get the most amount of people over each rope without touching it. For added difficulty, tell students they are not able speak to each other while completing the activity.

CHAPTER 2

RACE AND RELAY ACTIVITIES

#18: ULTIMATE HIDE AND SEEK

Materials Required: Oz tag belts, various materials for challenges

The goal of this activity is to be the first team to retrieve their lost person and bring them back safely with every flag still attached. Divide the group into teams and nominate one person from each team to “become lost”. Give that person an Oz tag belt to wear before they leave. Send teams out to find their lost person. Once they find him or her, they must complete a number of different challenges where teams must work together to protect their lost person. The first station requires the person to be carried through an obstacle course. The next station requires students to protect their lost person from an armada of water balloons (If they get wet, they must start that challenge again). The final station includes an all out sprint across a field to the finish line. Have a few facilitators or teachers dress up like ninjas in all black clothing, undetectable if played at night time. Once teams begin each challenge, the ninjas run to the group attempting to pull a flag off of the lost person. If the ninjas pull off a flag, the team must start that challenge over again. The first team to arrive to the finish line wins. Of course, feel free to add your own challenges.

#19: 3+ LEGGED RACE

Materials Required: Fabric

This activity includes having two or more people complete a race while having their legs tied together. This can work with any number of people, and becomes more challenging the more people that you add. Have students line up shoulder-to-shoulder in a straight line. Then, starting from one side, tie the inside legs of the partners together, ensuring that the fabric used is tied just above the ankle so that their feet cannot slip out. Add difficulty by blindfolding each student.

#20: SURFER RELAY

Materials Required: Tarpaulin, witches hats

Divide the group into teams. Nominate one person from each team to be the surfer. Have the surfer stand on a tarp while the other students pull him or her to the other side of the field, around a witches hat and back. If the surfer falls, they must start the lap over again. Once the team arrives back at the start, have someone else be the surfer. You could add more difficulty by starting with multiple surfers and decreasing by one each lap. Each surfers then pulls with the rest of the group.

#21: TREASURE HUNT

Materials Required: Compass, list of clues

The goal of this activity is to find the treasure by following a list of clues. Give each group a coded clue to a certain location in the form of a riddle. Once each group figures out the riddle they must go to that location, only to find another riddled clue that leads to another location. At that location, the third and final clue includes a compass and directions (400m South, then 300m West) to the treasure.

#22: PHOTO SCAVENGER HUNT

Materials Required: Cameras, list of objects to photograph

Students must work together to be the first group to take a photograph of team members either with certain items or completing different actions around the school/location. Examples include: hug the biggest tree in the school, find a specific school locker number, create a human pyramid on the oval, high five a certain teacher, do a star jump in a specific classroom and find a red scarf to wear.

#23: COMMON ATTRIBUTES

Materials Required: None

The goal of this activity is to be the first to create a group using people with common attributes. Some examples are: born in a certain month, hair colour, eye colour, number of letters in first name and favourite icecream flavour.

#24: COCOONS OF STICKY TAPE

Materials Required: Rolls of sticky tape

Divide students into equal groups. Have each group line up relay style, fairly close to the person in front of them, with everyone facing forward. Place new rolls of tape on the floor in front of the first person in each line. On “Go”, the first person in each line picks up the roll of tape and begins unrolling it. They stick the first part of the roll across their stomachs, then pass the roll to the person behind them, who continues passing and unrolling the tape to the next person behind. When the tape reaches the last person in line, they pass the roll behind their back, sticking a stretch of it to their back, and then send the roll back up the opposite side of the line. The team continues until the roll of tape is used up. The first team to raise an empty tape roll wins!

#25: JELLY BEAN TRADE

Materials: Jelly beans

Hand every person 10 jelly beans. The goal of the activity is to get 10 jelly beans of one color by trading with other people. Only one jelly bean can be traded at a time. The first person to get all 10 jelly beans of a certain color wins.

#26: AMAZING RACE

Materials Required: Puzzle pieces, maps of puzzle piece locations

This activity is similar to the TV show, but instead of travelling around the world have groups of students complete different challenges throughout the school. The first challenge is to find a map that uncovers locations to puzzle pieces. At each location, have students complete a challenge (solving a maths problem, throwing a ball through a target) in order to retrieve their piece. Once all pieces are gathered, students must put the puzzle together to complete the race.

#27: LOST SHOES

Materials Required: Pair of shoes per person

The goal of this activity is to be the first group to retrieve everyone's shoes. It is best played with a large group of people. Have groups sit around the outside of the room and place everyone's left shoe into a box in the centre of the room. Each group nominates a 'Runner', with the task of finding each person's shoe from the box. Runners are only able to bring back one shoe at a time. The first group to retrieve all the correct shoes wins.

#28: HULA HOOP AND BALLOON RACE

Materials Required: Hula Hoop, Balloons

Line up students shoulder to shoulder and have them hold hands. Place a hula hoop around the neck of a person on the end. Now tell the group that every person must travel through the hula hoop without releasing their hands. Once finished, give students a balloon they must pass to each other from chin to chin. The first group to finish both wins.

#29: GLADWRAP RACES

Materials Required: Rolls of gladwrap

Divide students into teams of four. Have each team line up relay style, close to the person in front of them. While lined up, have each team raise both arms while a facilitator wraps the teams together with glad wrap. Have the first person in line hold the glad wrap on their stomach. Then unroll the glad wrap until it reaches the last person in line. Wrap the glad wrap behind the persons back and unroll until it reaches the front person again and clings onto itself. Do this a few times until you get a semi strong wrap around each team. Now that the teams are all tied up, have them drop their arms and complete an obstacle course.

#30: WASHER RELAY

Materials Required: Steel Washers, String, Tennis Balls, Buckets

Tie pieces of string (about one metre in length each) for each person in the team randomly around a large washer. Then have students hold the string and place a tennis ball on the washer. The goal is for teams to work together to place the tennis ball into a bucket on the other side of the room without dropping it. If they drop it, they must start over. Turn it into a relay race by having multiple teams and five tennis balls each. Just make sure that each team has their own steel washer with string for each team member, tennis balls and bucket.

#31: TOILET PAPER RACING

Materials Required: Toilet Paper

The goal of the activity is to be the first team to get a toilet paper roll to unwind in a certain direction or pattern without breaking. Have teams sit in a certain direction (like straight lines, a star pattern or a snake). Then give the person at the end a roll of toilet paper and tell them to hold on to the end. Teams must pass the toilet paper to every person until the pattern is completed. If it breaks, they must start again. Every person must be holding on to the toilet paper in order for the team to be successful. Make sure to have a rubbish bin ready!

CHAPTER 3

VISUAL AND CREATIVE ACTIVITIES

#32: SHAPES FROM SHAPES

Materials Required: Pieces of cardboard cut into different shapes
The goal of this activity is to create images using different shapes. Divide students into groups of four to six. Give each person on the team a shape that has been cut out of cardboard (circle, square, rectangle, triangle, large “L” shape etc). Have the facilitator project different images on a screen, such as a giraffe or the Eiffel Tower. The first team to successfully create that image as best as possible with their shapes wins.

#33: SNEAK A PEEK

Materials Required: Coloured Building Blocks
The instructor will build a structure with building blocks and place it in another room, equal distance from each team participating. The participants should then be divided into teams of four. Each team is given enough building material so that they can duplicate the hidden structure. Nominate one member from each team to be a See-er, two to be Runners and the last to be the Builder. The See-er stays just outside the room containing the structure and is the only one allowed to see the it. He can only speak to one Runner at a time. Runners must then relay the message to the Builder without using their hands or helping the Builder. Builders are not allowed to speak, but may only listen to the instruction of the Runners. Give 10 minutes to build the structure. After 10 minutes, show everyone the original structure and compare each one built to the original.

#34: SPELLATHON

Materials Required: Oven mitts, Paper, Tape

You will need to do some research on words before completing this activity. First, choose 8 letters of the alphabet and search online for words that any combination of these letters can make (make sure to include popular letters like a, e, s etc). Then write down words that have different lengths, such as a four letter word all the way up to an eight letter word. Now decide how many teams you wish you play the game (each team will consist of four people and use the exact same letters). Write or print each letter on a piece of paper so that it is large enough to be seen by the whole group (a quick suggestion is to print them off on the computer using a LARGE font and then laminate each piece of paper). Once the letters are printed, attach them to an oven mit (or glove of some kind) using tape. Then organise students into teams of four, giving each student two oven mitts, one for each hand. Every person playing should have letters covering both hands. To play the game, simply say or display a word (starting with shorter length word and then getting bigger each round). Teams are not allowed to see the word, but must spell it out using the letters on their hands. The first team to spell out the word correctly wins. Letters must be facing the audience so they can read it correctly.

#35: ULTIMATE ALPHABET

Materials Required: None

Have students work together in teams to form all the letters of the alphabet using their bodies. To mix things up, you could try having them form cursive letters or even spell out different words.

#36: AUDIENCE CHARADES

Materials Required: Projector and Screen or Paper and Markers

This is a variation of the normal game of charades. Instead of having one person acting out a word or phrase for their team, the entire team acts while one person guesses. Split the group into two teams and nominate one person per team to be the guesser. Then write or display a word behind the guessers so they cannot see the word but both teams can. Without making any noises or sound effects, both teams must act out that word for the guessers. The first guesser to guess the word correctly wins. After a few rounds, rotate the guesser to allow other people to have a turn.

#37: INTERPRETIVE DANCES

Materials Required: Various

Have students choreograph a dance to the school song. The dance must include every person within the group highlighting how they feel towards the different words of the song. If the school does not have a song, have students create a song that incorporates the school values. Then have a few students sing the song while the others dance to it.

#38: VALUES POSTER

Materials Required: Posterboard, Markers

Have students work together in groups to create a poster that visually depicts the qualities of a successful team and/or team player. Use different colours to represent different qualities. After 15 minutes, have each group nominate a volunteer to present their poster to the other groups, explaining why they wrote down each quality.

#39: PICTURE PIECES

Materials Required: Pictures cut into small pieces, paper and markers
This problem solving activity requires that the leader choose a well known picture or cartoon that is full of detail. The picture needs to be cut into as many equal squares as there are participants in the activity. Each participant should be given a piece of the “puzzle” and given 20 minutes to create an exact copy of their piece of the puzzle five times bigger than its original size. They do not know why or how their own piece affects the larger picture. The leader then passes out paper and markers. After 20 minutes, ask them to assemble their pieces into a giant copy of the original picture on a table.

#40: PUZZLE GAME

Materials Required: Jigsaw Puzzles (one per group)
The goal of this activity is to be the first group to complete the puzzle (all groups have the same puzzle to complete). To increase difficulty, apply different restrictions to each group. Examples of restrictions include: (1) All teams must start with all puzzle pieces face down. (2) All teams must complete the puzzle without the picture. (3) All teams must complete the puzzle without speaking to one another (with or without the picture). (4) All teams must complete the puzzle (with or without picture) but only one person is able to speak. This activity highlights the needs for effective communication to ensure effective team work.

#41: SILHOUETTE ANIMALS

Materials Required: White sheet, spot light

Place students into teams. Hang a white sheet and shine a light onto one side of the sheet. Have students sit down on the other side. Two students at a time go on the other side of the sheet and attempt to create various animals without speaking, all the while their team is guessing what they are acting while only seeing their silhouettes. Once the team guesses correctly, the two students are given another animal. The team that guesses the most animals correctly wins. Mix it up by using disney movie titles (like The Lion King) for added creativity.

#42: SECRET QUOTE OR PHRASE PUZZLE

Materials required: Paper, wood or cardboard, paint or markers

The goal of this activity is to be the first team to put together a quote or phrase correctly. Find a quote that represents something about leadership or the school values. You can make the words as large or small as possible by using paper, wood, cardboard etc. Write one word per piece in the puzzle and scramble them so they are not in the correct order. Then have teams attempt to uncover the secret quote by working together to put the pieces in the right place.

#43: NEWSPAPER CASTLE

Materials Required: Newspaper, masking tape

Using yesterday's newspaper and one metre of masking tape, have students create a free-standing, self-supporting castle. Bonus points are added for creativity. Make sure to have a recycle bin ready!

#44: DRAWING BACK TO BACK

Materials Required: Picture, paper, coloured pens or markers

Create teams of two students and have each team sit on the floor back to back. Give team member A a piece of paper with a picture, shape or pattern. Then hand team member B a pen and paper. Team member A now instructs Team member B how to draw the image so they can attempt to recreate it. Once they think they are finished, have students face each other and compare the two images.

#45: INVENTION TEST

Materials Required: Various

Give each group of students a bag of props such as a rubber duck, pencil, apple, calculator and drink bottle and tell them to create a children's story using every prop in the bag. The story must make sense and include at least one character, some sort of conflict, how that character overcomes the conflict and what the character learned from it. Of course, feel free to come up with your own variety of props to use. The more obscure the prop, the more creativity is required to include it into the story.

#46: MOVIE IN A MINUTE

Materials Required: None

Whisper a movie title to a team of students and have students attempt to recreate the entire movie in just one minute. You can help the teams by telling them to highlight major parts of each movie. After one minute, have the other students guess the movie.

#47: SIT, LEAN, STAND

Materials Required: Stool, chair, various props for scenes

Divide students into teams of three. Create a scene students act out such as getting your hair cut at a barber shop. Each person must either sit, lean or stand throughout the entire scene but only one person can be in each position at a time. For example, if one person changes from sitting to standing, the person standing must now change positions. Every movement must make sense in the scene. Encourage every student to change positions multiple times so that everyone has to be in each position at least once.

#48: BALLOON TOWER

Materials Required: Balloons, Masking Tape

This activity is similar to the Newspaper Castle. Using 10 balloons and one metre of masking tape, have teams build the tallest, free-standing, self-supporting balloon tower possible. At the end of 20 minutes, stop the action. Make sure that the group lets go of their balloon tower as soon as you say, "Stop!" If they do not let go, their group will be disqualified. Measure to see which tower is the tallest.

#49: LEANING TOWER OF PAPER

Materials required: Paper, Paper clips

This activity is similar to Balloon Tower, only using paper and paper clips. Give each group 10 pieces of paper and 10 paper clips. Then give each team 10 minutes to construct the highest free-standing, self-supporting tower. After 10 minutes, measure to see which is tallest.

#50: MOUSE TRAP CAR DERBY

Materials Required: Mouse Traps, various materials to make cars

Using the thrust of a mouse trap, teams are to create a small vehicle that will travel the furthest along a flat surface. Teams are allowed to use any materials they wish, as long as the vehicle has four wheels and is less than 30cm long. In order for a vehicle to win, it must travel further than any other vehicle created. The aim is to create the lightest and most aerodynamic vehicle using a mouse trap as the “engine”. Give teams 20 minutes to construct their vehicles. During that time, create a starting line on the ground using masking tape or string. After 20 minutes, place cars one at a time at the starting line. Nominate one student per team to set and trigger the trap. After the traps are triggered, measure the distance each vehicle travelled.

#51: EGG DROP

Materials Required: Eggs, drinking straws, masking tape.

For this activity, have students work together to form the best safety structure around the egg so that it does not crack from a drop of two metres. Give students a few minutes to strategise. Then give each team one metre of masking tape, as well as 10 straws, which is all they have to create a safety contraption. After about 10-15 minutes, collect all of the eggs and drop each egg one at a time onto a hard surface (make sure to have a tarp or cloth to protect from egg splatter!). Eggs that do not crack or break are successful attempts. If you’re not sure whether the egg has cracked, begin disassembling the tape and straws. If a crack is found, the attempt is unsuccessful.

#52: A BRIDGE OF TOOTHPICKS

Materials Required: Toothpicks, craft glue, baking paper

Students work in teams to develop the strongest bridge made out of only two items, toothpicks and glue. Each team receives two boxes of toothpicks and one bottle of craft glue (glue sticks will not work for this activity). Place a piece of wax paper onto a table or desk (to prevent glue from sticking to surfaces) and have students devise and execute a plan to develop the strongest bridge. Once time is finished, set up the bridge between two desks or tables, and apply weight gradually until the bridge collapses, recording the total weight held. For the weight to count, the bridge must hold it for at least three seconds.

#53: PLASTIC BOATS

Materials Required: Plastic milk cartons and broomsticks, duct tape

This activity works if you have access to a swimming pool or large pond. Divide students groups of three or four. Have each group construct a boat using no more than 50 plastic milk containers and two rolls of duct tape. The boat must be large enough to fit one person. The boat must be able to float while the person is sitting down on top of it. Once the boats are created, place them all along one side of a pool and have one student from each group get onto the boat. Then have students race against each other to the opposite side of the pool using a plastic broomstick as an oar.

#54: CREATE YOUR OWN AD

Materials Required: Video Cameras, various materials for props

Using a video camera, have students create a 30 second advertisement that addresses and displays the school values. Give students 10 minutes to come up with ideas and write down a storyboard (sequence of events). After 10 minutes, give students 30 minutes to film their advertisement using the various props. Examples of props include a foam ball, a textbook, glasses, carrots and random pieces of fabric for costumes. Once all groups are finished, have someone hook up the video camera to a TV or projector and watch the advertisements as a collective group.

CHAPTER 4

CRITICAL THINKING ACTIVITIES

#55: THE HUMAN KNOT

Materials Required: None

Students first stand in a circle. Then each student reaches out both hands, grabbing the hand of two different people opposite them. Once all hands have been connected, then students must attempt to “untie” themselves back to a circle without letting go of their hand grips.

#56: BLINDFOLD SQUARE

Materials Required: Rope, Blindfolds

This activity requires students to work together to form a perfect square out of a large piece of rope while being blindfolded. First tie a large piece of rope together at the ends, large enough for every person in your group to hold on. Then have each person put on a blindfold, and give the rope to one of the students. Every student must have at least one hand on the rope for the activity to be successfully completed. To add an element of surprise, place the rope somewhere on the ground and have them search for the rope first before starting on the square.

#57: BILLY ON A PINNACLE

Materials Required: Two pieces of rope, small bucket, milk crate

Place a small bucket of water “Billy Can” onto a Plastic milk crate (or something similar). Ensure that the bucket is filled with water. Now create about a 2.5m² perimeter around the crate. Using both pieces of rope, students must stand outside the perimeter and attempt to move the bucket from the milk crate to outside the perimeter without spilling all the water.

#58: BALANCING POLES

Materials Required: PVC pipe cut in half long ways, marble

The goal is to have students place the pipe on the ground without having the ball fall out of either side. Place students in two straight lines next to one another. Then place a PVC pipe between the lines and have each person use their index finger to hold the pole at shoulder level. Once at shoulder level, place a marble in the middle of the pipe (or golf ball, depending on the size of the pipe). It must stay within the pole the entire time. If the ball falls out, the group must start over again.

#59: LEANING CIRCLE

Materials Required: None

The goal of this activity is to have students balance on each other while forming a circle. Have students stand in a circle, facing the back of the person in front of them. Ensure there is a little bit of space between each person, and then grab the shoulders of the person in front. Now ask each student to slowly attempt to sit down on the legs of the person behind them. If done correctly, each person should be able to sit and balance. Once completed, attempt to do this without holding on to the person in front of them.

#60: BLINDFOLD TENT PITCH

Materials Required: Blindfolds, Tent materials

The goal of this activity is to have students put together a small tent while being blindfolded. Keep the tent materials in the carrying case and give students three minutes to strategise. Then have each student put on a blindfold and attempt to build the tent.

#61: BLINDFOLD CALL GAME

Materials Required: Blindfolds, whistles or noise makers

The goal of this activity is to have every student successfully cross through a “goal” while wearing a blindfold. This activity is best completed in a large flat space like a school oval. Place students into teams, giving each group a different whistle (or anything else that makes noise). Have teams nominate a team captain, who will “call” and direct each student through their designated goal. Give teams five minutes to strategise of how the captain is to direct each student through a set of goals (i.e. different calls for each direction, each person, successful attempts etc). Afterwards have every person besides the captain put on a blindfold. Take each student and carefully walk them to a place on the oval, having them sit down and wait to be “called” by their captain. Once everyone has been placed, move the captains to a different location and tell them they are not to move anywhere during the activity. Now create a “goal” for each team in different areas of the field, making sure to tell each captain which goal is theirs.

#62: BALANCING ACT

Materials Required: Large tree stump (or similar flat sturdy object)

The goal of this activity is to have every student balanced on a tree stump for at least five seconds. Find a tree stump that is large enough for each person in the group to have at least one foot on. Then ask students to place one foot onto the tree stump. Now they must find a way to have every person off the ground and balanced on the tree stump for at least five seconds. Of course, if you can’t find a tree stump feel free to use any other object that is flat on top and sturdy enough to hold multiple people off the ground without breaking.

#63: LAVA CANYON

Materials Required: Piece of strong wood, three concrete blocks

The goal of this activity is to have students find a way to travel across the “lava field” using one piece of wood and three concrete blocks. Place the concrete blocks in a straight line, each the distance of the wood apart. These become the “safe zones”. The space around them becomes the “lava canyon”. Using the single piece of wood, students must cross from one side to the other by placing the wood on the safe zones. Only one person may cross the wood at a time. If any body part touches the ground, that person is no longer able to use it (i.e. if a student falls and put one foot in the lava, they are no longer able to use that foot).

#64: TRAVELLING PANELS

Materials Required: Three pieces of plywood

The goal of this activity is to have a group of students move across a field without touching the ground. Using three piece of plywood, students must find a way to bring their entire group across a field.

#65: FRISBEE WALK

Materials Required: Frisbees

The activity is similar to Travelling Panels, but with the use of frisbees. Create a large outer square perimeter, then create a small inner square perimeter within it. There should be at least 2 metres between the inner and outer square perimeters. Students must place and step on the frisbees to get from outside the large perimeter to inside the small one. Once frisbees touch the ground, they cannot be moved.

#66: STEPPING STONE/CROSS THE POND

Materials Required: Paper plates or discs

Each person is given a “stone” (or something that represents a stepping stone) and they have to make it across “the pond” using these stones. The catch is that at least one person needs to be touching a stone at all times e.g. you can’t just throw it into the pond, you would need to put it down and hold it there until you step on it. Each person in the team needs to make it across the pond using these stones.

#67: BLIND ROPE

Materials Required: Blindfolds, Multi-Purpose Rope

Have everyone hold onto a section of rope with both hands, making sure every other person is staggered along the rope. Tell everyone to look around the room and familiarise themselves with the things around them. Everyone must now close their eyes and CANNOT speak, except for the person at one end of the rope. The person at the end of the rope is allowed to speak to the entire group. Everyone else can only stomp feet, nod or shake their head. Now have students attempt to create different letters with their bodies and the rope while having their eyes closed.

#68: THE GREAT EGG SQUEEZE

Materials Required: Eggs, balloons, drop sheet

The goal of this activity is to get an egg into a balloon without breaking it. At least two students per group are required to complete this activity. To increase the level of difficulty, increase the number of eggs required to fit into the balloon without breaking.

#69: MINE FIELD

Materials Required: Blindfolds, tennis balls or paper plates

The goal of the activity is to have the blindfolded participants make it through the minefield without stepping on and/or touching any “mines”. Place tennis balls or paper plates on the ground, creating the Mine Field. Next, get students into partners and have one person blindfolded. That person must navigate through the mine field without speaking and by listening to their partner’s four instructions “left, right, forward or backward”. Add difficulty by substituting directions for different words (i.e. Watermelon = left, Giraffe = right).

#70: CLAP AND SNAP

Materials Required: None

Have students sit in a circle facing each other. Ask each student to say a type of fruit, making sure no two are the same. Have every person tap their knees twice, then clap twice, followed by snapping once with their left hand then once with their right hand. Start slow so everyone can get the same timing. This will create a rhythm that must be continued throughout the activity. On the left hand snap, the person who starts must say their fruit “ORANGE!” On the right hand snap they must call someone else’s fruit “APPLE!”. That person must respond by saying their fruit “APPLE!” on the next left hand snap, then call someone else’s fruit “BANANA!” on the right hand snap and so on. The first person to hesitate or go off beat sits in the middle and does not participate in the next round. Rather than complaining, they must say “wahoo!” and high five the person next to them. Everyone else will applaud. The last person to call starts the activity and beat again, calling someone else. If someone calls the person’s fruit in the middle, or goes off beat, they must go to the middle and replace the other person.

#71: TRADING RESOURCES

Materials Required: Scissors, coloured paper, glue, tape measure

Introduce the activity as an experience with the use of resources needed to accomplish a task that have been distributed unequally among groups. Groups should be placed far enough away from each other so that their negotiation positions are not compromised by casual observation. Distribute a large envelope of different materials and a list of the tasks to be completed to each group. Explain that each group has different materials, but that each must complete the same tasks. Explain that the groups may negotiate for the use of materials and tools in any way that is mutually agreeable to everyone. Emphasise that the first group to finish all the tasks is the winner.

Resources:

- Group 1: Scissors, 30cm ruler, paper clips, pencils, two A5 pieces of red paper and two A5 pieces of white paper.
- Group 2: Scissors, glue, two A4 sheets each of gold paper, white paper and blue paper.
- Group 3: One black marker per group member and two sheets of A4 coloured paper per group member (2x green, 2x white and 2x gold).
- Group 4: Five pieces of A4 coloured paper (one green, one gold, one blue, one red and one purple).

Group Tasks:

1. Make a 7cm x 7cm square of white paper.
2. Make a 10cm x 5cm rectangle of gold paper.
3. Make a 7cm x 12cm T-shaped piece of green and white paper.
4. Make a four-link paper chain, each link in a different colour.
5. Make a 10cm x 10cm flag in any three colours.

#72: ALPHABET STORY

Materials Required: None

Students sit or stand in a circle and tell a fictional story, each contributing one word at a time (in alphabetical order A-Z). If they cannot contribute a word, contribute a word starting with the wrong letter or they take too long (more than three seconds) they are eliminated. This activity helps students to be creative, confident, and think on their feet.

#73: CRAM IT

Materials Required: Tea Towel (or equivalent sized piece of material)

The goal of this activity is to ‘cram’ as many people as possible onto a tea-towel. In order to be successful, everyone must ensure their foot does not also touch the floor (must be contained within the area of the tea-towel). As the group succeeds, either decrease the area of the tea-towel (fold smaller) or simply increase the number of people required to fit in the space. This activity highlights the need for team members to support one another.

#74: FLIP IT

Materials Required: Tarpaulin (one per group)

Each team is required to stand on their tarp. Whilst all team members are standing on the tarp, the team must attempt to flip the tarp over without touching the ground. Increase the difficulty decreasing the size of the tarp, increasing the number of people or add a time limit. A penalty can be imposed if a team touches the ground at any point and (works best when teams are competing at the same time). This activity highlights the importance of working together to achieve a certain goal.

#75: ALPHABET CELEBRITIES

Materials Required: Paper, pens

Write every letter of the alphabet straight down on a piece of paper. Then write the same of the school next to the alphabet, creating a set of “initials”. If the school’s name is too long, simply finish when you have reached the end of the alphabet. See how many names of famous people or movie characters you can create using each set of initials. Feel free to use initials either way (For example, if you have the initials “AP” you can also use “PA”).

#76: WORD PUZZLES

Materials Required: Puzzle sheet in appendix

Use the puzzle sheet in the appendix section for this activity. The goal of this activity is to guess the word or phrase each word puzzle represents. For example, the word puzzle “BAN ANA” represents a Banana Split. This is because the word banana is split in the middle. Hand each group a copy of the puzzle sheet give them five minutes to figure out as many as they can. A great way to encourage creativity is to have groups create their own word puzzles and see if other groups can figure them out.

#77: NAME WORDS

Materials Required: Paper, pens

Using the letters of every person’s first name, see how many words you can create. Letters cannot be used twice in the same word unless there are two of the same letters available in the list. Letters become available again for every new word.

#78: NUMBER CALL

Materials Required: None

Have students stand in a circle. Give each student a number, starting with the number one. The first person says their number “One” and then another person’s number “Seven”. That person must respond without hesitation by saying their number “Seven!” and then another number “Nine!” and so on. If a person doesn’t say their number, or hesitates in any way, they give up their place in line and stands next to whoever is number “One”. They now become the highest number and everyone that was behind them in the circle now has a different number.

#79: BUNGEE IN A BUCKET

Materials Required: Long elastic cord, bucket

The goal of this activity is to have a large elastic cord land in a bucket. Place the bucket on the ground and tie the ends of the elastic cord together. Then give students the elastic cord and have each person hold it with both hands. Students must now find a way to stretch and release the elastic cord in such a way that it lands in the bucket. While students are preparing different ways to release the cord, it is not necessary for every student to be touching it. The only way to have a successful attempt is if every person is touching the cord when it is actually released. The further away the cord is from the bucket when it is released, the more points they are awarded if it lands in the bucket.

CHAPTER 5

OTHER ACTIVITIES

#80: GIANT BALANCING BOARD

Materials Required: Large Board, Balancing Rod

This activity requires a strong piece of board that can withstand people standing on it (i.e. plywood) as well as another stable piece of material to balance upon. Once materials have been collected, place the large board on top of the balancing piece so that it lies directly in the middle. Now have one student at a time get on to the large piece of material, each time attempting to balance out the material so that neither side hits the ground. In order for the activity to be successful, students must be balanced on the board for at least three seconds without the board touching the ground. The goal is to get as many students as possible to be on the board while balancing both sides.

#81: TRUST FALL

Materials Required: None

Have students form two lines about a metre apart, facing each other. Then have each student put both arms out, with their palms facing up, as if attempting to catch a large ball. This creates a “net” for the student completing the trust fall to be caught with. Then have one student at a time stand on something that allows their knees to be at the same height as everyone’s arms. Once the student is ready, have them face away from the team and say the word “falling”. Once the team is ready, they will respond “fall on”. The student then closes their eyes, crosses their arms across their chest, and falls straight back onto the arms of their team, keeping their knees locked.

#82: ULTIMATE SCISSORS, PAPER, ROCK

Materials Required: None

Have every person face off with someone else in a game of scissors, paper, rock. Whoever loses the round must stand behind the other person and cheer for them, yelling their name as they play the next round. Whoever loses the next round, everyone behind that person now goes behind the winner and starts cheering for them. The final round should be two people battling it out in a “best of three games” with everyone else behind one of the competitors cheering them on.

#83: BATTLE OF THE SENSES

Materials Required: Blindfold, ear plugs, wheelchair

Give each person an ability they can no longer use (i.e. seeing, hearing, speaking, walking etc.) and attempt to complete a challenge. For example, challenges could be arriving at a certain part of the school, getting the signature of a certain teacher or finding a hidden item.

#84: FIND YOUR BALLOON

Materials Required: Balloons, Texters

Give everyone a balloon and have them write their name on it. Collect the balloons and put them in another room. Each person has five minutes to find their own balloon, but should be much quicker. For the next round, mess the balloons up again but have each participant to collect one random balloon and give it to the person with the name on it. Time both activities and see how much longer it takes for everyone to have their own balloon in the second round.

#85: ME TOO

Materials Required: None

Have a student state a fact about themselves—I love basketball, I have two sisters, etc. If that fact is true about another student, they stand up and say “Me too!” They can also stay seated, but simply raise their hand and say “Me too!” The aim is to have as many “Me Too’s” as possible.

#86: BLANKET NAMING

Materials Required: Blanket, bedsheet or cloth

Divide into two groups. Tell groups to sit on the floor facing each other. Hold up a blanket between the groups so that each team can not see the other. A member of each team is quietly selected to move up to the blanket. On the count of three, drop the blanket so that each of the selected members are facing each other. Whoever says the other person’s name first wins. Whoever loses goes to the other team.

#87: SOLEMN AND SILENT

Materials Required: None

Members pair up and stand back to back. On the count of three, everyone must face their partner, look each other in the eyes, and then try to remain solemn and serious. No speaking! The first to smile or laugh must sit down. All who remain standing then take a new partner and the activity continues until only one person has not smiled or laughed. (Second round of playing can involve two teams competing to outlast each other.) If you get a pair at the end, who are both keeping a straight face, the rest of the group can act as hecklers to disrupt them.

#88: 100 HITS

Materials Required: Beach Ball

The group's goal is to hit the beach ball 100 times in a row without it falling to the ground. In addition, each group member must hit the ball at least five times (and no participant can hit the ball twice in a row). If the ball ever hits the ground, the group must start over. A group may exceed 100 hits, if that's what it takes to get everyone to hit the ball five times.

#89: PAPER TOSS

Materials Required: 20 pieces of paper or newspaper

Have one student stand while placing a rubbish bin some distance behind them. Then crumple up a number of old paper into balls and place them in front of the student, within arm's reach. To do this activity, have the other students give clues as to where to throw the paper balls so that they get at least two in to the rubbish bin.

#90: PAPER AIRPLANE LANDING

Materials Required: Coloured Paper

The goal of this activity is to "land" a paper airplane into the hula hoop. Place a hula hoop somewhere away from the groups and give each group a piece of coloured paper (different colour for each group). Give five minutes for groups to discuss and create their paper airplane. After five minutes, have each group throw their airplanes at the same time. If a team is unsuccessful, allow them to have two minutes to change the design of the plane and try again.

#91: SIGNS

Materials Required: None

This activity includes having students “pass” signs around in a circle while trying to go undetected by a person in the middle. Have students sit in a circle and choose a different “sign” they will use throughout the activity. Signs are subtle body movements (i.e. touching your ear, raising eyebrows, peace sign, etc.). Once everyone has a sign, ask one person to leave the room. Nominate another person to start the activity, then ask the person who left to come back into the room and stand in the middle. Students “pass” signs by doing their sign (peace sign), then doing another person’s sign (touching their ear). That person must then receive the pass by touching their ear, and then pass to another person (raising eye brows) and so on. It is a good idea to practice passing signs with everyone in the room before beginning the activity. Nobody is allowed to speak except for the person in the middle who tries to guess who is currently trying to “pass” the sign. They can only ask individuals “Do you have it?” If the person has not passed the sign, or if they have passed but it has not be received, they replace the person in the middle.

#92: ATOM BALLS

Materials Required: Various types of sports balls

One person begins to throw a tennis ball to another in the circle, but must say their name before throwing it. That person throws it to another, etc ultimately finishing with the ball thrown back to the first person. The leader then introduces another ball of a different texture, size or shape into the circle. The ball should be thrown in the same pattern around the circle. Add variations by increasing the speed or having one ball be thrown while the other must be bounced.

#93: OUT OF ORDER

Materials Required: None

The goal of this activity is to have students put each other in chronological order of their birthdays without talking. Variations include getting in order of age, distance travelled to school, how many siblings they have, etc. To increase difficulty, have students put on blindfolds.

#94: AROUND THE WORLD

Materials Required: Various

The goal of this activity is to allow students to represent their culture or background in a safe environment. Ask each student bring in various items that represent their background or family heritage such as clothing, food, paintings, music, artifacts etc. Each student is then to present for five minutes about what they have brought in, describing each item and why it is important to their culture. Students could even represent do a traditional dance or by bringing in an elder to tell a story relating to their culture.

#95: 2 TRUTHS AND A TALE

Materials Required: Paper and pen for every person

Give the group some time to write down two things about themselves that are true, and one thing that is a lie. Each group member will then share these facts about themselves and the rest of the group has to figure out which fact is actually a lie.

#96: DI-ADS

Materials Required: None

This activity promotes listening skills, as well as encourages students to develop as an engaging communicator. Divide students into pairs, having them face each other. Then have one student in each group speak for one to two minutes based on a topic (i.e. tell about themselves, a past experience, their definition of... etc.). While that person is talking, their partner must not say anything and must maintain direct eye contact. The only responses they are allowed are nodding, laughing (gestures done with their face). Once the time is finished, have each partner describe to you what the other person just communicated to them. Then have the partners switch roles.

#97: WHAT'S YOUR STORY?

Materials Required: None

Have each student in the group tell a story about themselves. This could be a story about their childhood or an event that happened to them while growing up. You could easily tailor the story topics to different leadership qualities. For example, if you're wanting to speak about resilience, you could also ask students to tell a story about a time in their lives where they faced adversity. Ask them to describe the situation, how they felt during that time, how they overcame that adversity and what is different about them now.

#98: HIDDEN IDENTITY

Materials Required: Paper, Texter, Sticky Tape

The goal of this activity is to have students discover who they are by asking questions to other students. Write the names of occupations (plumber, electrician, clown etc), superheroes, celebrities or disney characters on to a piece of paper and stick it to the back of every student. Now see if students can guess who they are by only allowing them to ask Yes or No questions to each other.

#99: PARTNER MATCH UP

Materials Required: Note Cards, Sticky Tape

This activity is similar to Hidden Identity. Put the name of a famous couple on two note cards. As people enter the room, tape a card to their back. Students must find out who they are by only asking Yes or No questions, then must find their famous 'half'. Some ideas for couples: Mickey and Minnie Mouse, Daffy and Donald Duck, Bert and Ernie, Fred and Wilma Flintstone, Peanut Butter and Jelly, Hansel and Gretel, Kermit and Miss Piggy and Batman and Robin.

#100: CATCH ME IF YOU CAN

Materials Required: None

Players should be paired up. All players divide into two lines (facing in) shoulder to shoulder, with partners facing each other. Participants should be given approximately 30 seconds to look at their partners, taking in all details about the individual. The leader then instructs the two lines to turn and face away from the center. One or both lines has 15-20 seconds to change something about their appearance (i.e. change a watch to different wrist, unbutton a button, remove a belt, etc.). The change must be discrete, but visible to the partner. The players turn in to face each other and have 30 seconds to discover the physical changes that have been made.

#101: TAKE THE CHALLENGE

Materials Required: Various

Split students into teams. Each team is to come up with a challenge for the other teams to complete, such as creating a human pyramid, solving a difficult maths problem or spelling out a word with their bodies. The group must be able to first prove or demonstrate that they can complete their challenge before the remaining teams attempt the challenge. The challenges can be physical, mental or random. Points can be awarded to each team who can complete the challenge and the team with the most points wins.

APPENDIX

#72: WORDLES PUZZLE SHEET

1. NOON LAZY _____
2. 2UM
+2UM _____
3. HIJKLMNO _____
4. ME NT _____
5. HAHANDND _____
6. IECEXCEPT _____
7. THHAENRGE _____
8. STAND
EYE _____
9. WEEKKKKK _____
10. COLOWME _____
11. TUNE
TUNE
TUNE
TUNE _____
12. GESG _____

#72: WORDLES (ANSWERS)

- | | | |
|-----|------------------------------|----------------------------------|
| 1. | NOON LAZY | <u>LAZY AFTERNOON</u> |
| 2. | 2UM
<u>+2UM</u> | <u>FORUM</u> |
| 3. | HIJKLMNO | <u>WATER (or H2O)</u> |
| 4. | ME NT | <u>APARTMENT</u> |
| 5. | HAHANDND | <u>HAND IN HAND</u> |
| 6. | IEEXCEPT | <u>I BEFORE E EXCEPT AFTER C</u> |
| 7. | THHAENRGE | <u>HANG IN THERE</u> |
| 8. | <u>STAND</u>
EYE | <u>I UNDERSTAND</u> |
| 9. | WEEKKKKK | <u>LONG WEEKEND</u> |
| 10. | COLOWME | <u>LOW INCOME</u> |
| 11. | TUNE
TUNE
TUNE
TUNE | <u>FORTUNE</u> |
| 12. | GESG | <u>SCRAMBLED EGGS</u> |

LESSONS FROM LEADERSHIP ACTIVITIES

One group member is to guide the group through the discussion questions below and each member is to write in the group's responses.

1. Did you enjoy the activity? Why / why not?
2. What did you learn about relationships in this activity?
3. What did you learn about planning in this activity? Did you plan at all? Why / why not?
4. What was most frustrating and rewarding about this activity?
5. How did your group decide who would play what role in this activity?
6. Were you happy with the success of your group at attempting this activity? Why / why not?

LESSONS FROM LEADERSHIP ACTIVITIES CONT'D...

7. If you were successful, what caused this success?

8. What strategies did you use to make sure everyone was included?

9. How did your group respond to any failures?

10. What was the most challenging aspect about this activity?

11. What did this activity teach to you about leadership?

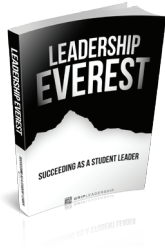
12. Did any person/persons take obvious control of the group? Why?
Did this person differ at different times?

OTHER TITLES BY GRIP LEADERSHIP



101 Event Ideas for Student Leaders

As the title suggests, this book contains 101 fantastic ideas to help student leaders make a significant contribution to your school and the broader community. Chapters includes events based on sporting, creative, environmental, cultural and charity ideas.



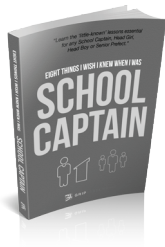
Leadership Everest

This book identifies nine common challenges that student leaders face and suggests ways to overcome them. If you enjoyed the conference session in which half of these challenges were discussed, then make sure you read this to get an understanding of all nine challenges.



Great Australian Leaders

This book contains the leadership stories of the men and women who have shaped Australia. Reading this book, you will discover more about their influence and journey, as well as the key lessons that the rest of us can learn from their leadership.



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GRIP Leadership is an independent organisation that exists to train and develop leaders with a special focus on school students and the educational sector. Most known for the 'GRIP Student Leadership Conferences,' the team also presents tailored seminars and presentations for schools and produces school leadership resources. GRIP Leadership programs are fresh, practical, interactive and enjoyed by tens of thousands of students each year.



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