



Group Loop Activities

Group loop activities are great to enhance community, team work, leadership and creative problem solving

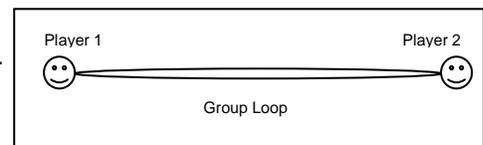
Activities for Pairs

Balance Tug

This is an activity for two players; facing each other each person is to grip the group loop and attempt to get the other player to loose balance.

Activity:

1. Lay the group loop flat on the ground
2. Participants stand at the ends of the stretched loop, feet together then squat.
3. Each player grips an equal amount of the group loop.
4. The players then need to tug the group loop until one player loses balance



Rules

1. Do not let players wrap the loop around their hands, arms or body this could cause injury
2. The players feet must be side by side with in sides of feet touching one another

Activities for Groups

Amoeba Walk

This activity requires the group to be very comfortable within close quarters.

Activity

1. Ask the group to huddle in close to one another to form a tight group.
2. Place the loop at waist height around the group
3. Challenge the group to walk quickly from one point to another
4. For an extra challenge ask the group to carry something for example a bucket of water on their heads.

Rules

1. No running
2. Group loop must stay at waist height

This activity would be good to use in initiating a discussion about where your group, company or team may be headed and the challenges of moving as a unit towards goals.



Crossover

The aim of this game is for each player to move from one side of the circle to the other as quickly as possible without touching their cross over partner, making sure they put their foot in the group loop at the same time as their crossing partner.

Set Up

1. Halve the Group Loop by folding it, to form a smaller loop
2. Place the group loop on the floor and get the group to make a circle around the loop

Activity

1. One player at a time changes places with the person directly across from them
2. When each player is crossing they are to step in the group loop at the same time as their crossing partner

Rules

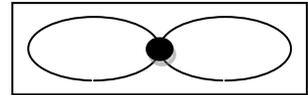
1. Players are not to touch one another throughout the activity
2. Group members are not to reposition themselves on the circle once the activity has begun

Figure Eight Passes

The aim of this game is to get the group loop around the circle without players breaking the circle ie: not letting go of each others hands

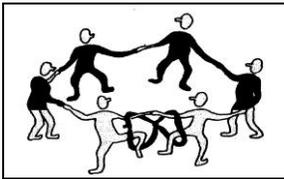
Set Up:

1. Tie the group loop in the middle to form two circles of equal size this makes a figure eight



Activity:

1. Get the group to stand in a circle holding hands
2. Begin the activity by having two players disconnect their hands and then get the players to reach through the group loop with one arm and one leg.



3. The players are then to pass the group loop around the circle
4. To make it more challenging use two group loops and pass one clockwise and the other anticlockwise or pass two group loops along in the same direction. If you have two groups time each group as they pass the loop to see how long it takes to get the loop around each player the group who can do it the quickest wins!

Geometry

The aim of this game is to get a group to form geometric shapes using the group loop.

Activity:

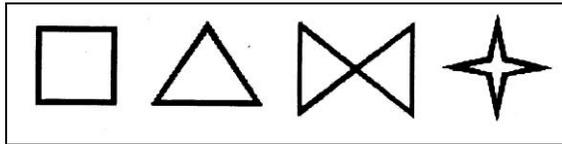
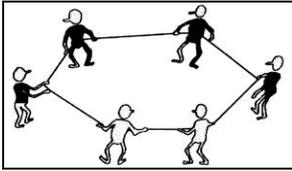
1. Each group member is to hold on to the group loop with both hands
2. Ask the group to form a particular geometric shape eg: Square
3. All members are not to speak and must not let go of the group loop



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Some shapes to try:



The Crowded Elevator

Activity:

1. Get the group to stand in close to one another without touching.
2. Place the group loop over the group to form an outline on the ground of the group.
3. Ask the group to leave the outline then ask them to re-enter the outline as quickly as possible all without touching one another.

Rules:

1. No touching of group members at any time
2. For every touch add a 5 second penalty

This game is good if you have two groups it can become a race to see which group can get in and out of the group loop outline the fastest without touching.

Mt Panorama Special

Set Up:

Tie a marker to the group loop such as piece of string or ribbon

Activity:

1. Have the group form a circle holding onto the group loop with both hands above their heads
3. One member of the group has to be the 'start/finish line' (this is where the marker begins and finishes)
4. The group is to imagine that the marker is a racecar and they must shuffle the group loop through their hands so that the marker moves around the circle and back to where it started.
5. To denote the moment the racer crosses the finish line, the entire team must yell "YES!"

Rules:

1. Group members must keep their feet firmly planted on the ground and not move.
2. All group members must keep both hands in contact with the wedding during the race

Hidden Numbers

Activity:

1. Begin by kneeling down on the ground and have the group kneel in a semi-circle facing you.
2. Announce to the group that your about to show them a number between zero and 10, then place the the group loop in any shape in front of you on the ground (you should use some theatrics here by acting like you are trying to create a particular shape – but really the shape makes no difference to what you are doing)
3. After you have finished arranging the loop place your hands on your thighs, showing the number you are thinking of by using your fingers . For example, if the number is 7 then you would have five fingers on one hand showing and 2 on the other hand with the extra fingers foldered under (or 4 and 3 of course!).



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4. After the first guess by the group, make another design with the webbing and place your fingers on your thighs with a number showing again.
5. Have a few rounds and if the group does not seem to be getting it after fiddling with the group loop really emphasize putting your fingers on your thighs.

Mexican Roll

This game is great for young children aged between 3 and 6 years.

Setup:

Place the group loop on the ground and have the children sit cross legged around the loop in a circle holding on with both hands.

Activities:

To get the momentum flowing ask the children to lean backwards and forwards in a simultaneous 'rocking' motion holding on to the group loop. Starting in a clockwise direction, ask each player to pull backwards and push forwards one at a time following on from the previous participant going around the circle to get the mexican roll effect. Try going in an anti-clockwise direction.

Variations:

- Have the children hold on to the loop, identifying the colour of the fabric where their hands are placed. Ask the players holding on to the colour yellow to make the rocking motion, then red and so on.
- Give each participant a number between 1 and 5 depending on the number of players, make sure you have at least 2 or 3 'groups'. Ask all the 2's to pull then all the 4's etc. You could also ask all the odd numbers to pull and then all the even numbers to pull.

Boundary Rider

Setup

This game requires the group loop plus a 65cm ball. Lay the group loop on the floor and have the players sit, squat or kneel around the loop in a circle holding onto the group loop with both hands. Place the big ball in the middle of the circle.

Activity

The aim of this activity is to get the players to pass the ball around the circle without taking their hands off the group loop, making sure the ball remains in contact with the loop at all times; players must guide the ball using the group loop.

Variation:

Designate some players as 'spoilers' who can stretch the loop at various times and locations to interrupt the flow. This can be an example of how individuals who don't work as part of the team can interfere with the smooth flow of operations/activities.



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