

Participants work as a team to get everyone over to the other side without falling off (into the water) designated area.



- Put participants in groups of 5 or 6.
- Designate the activity area. There should be a starting point, and an ending point with everything in between the "water."
- Give each group an assortment of objects such as a mat, skipping rope, yoga blocks and so on.
- Participants must work as a team to get everyone over to the other side without falling off the objects (into the water).
- If a participant falls off the objects and into the "water" the team must start from the beginning again.
- Stress cooperation and teamwork and the benefits of being a team player.