

Bubble Blow Challenge

Group Size: Small or Large

Time: 15-20 minutes

Supplies: Bottles of bubbles (1 for every group of 5-8 participants), markers, timer, chart paper, tape

Purposes: Team Building, Cooperation, Leadership, Problem Solving, Self Awareness

Goal: To get as many bubbles from Point "A" to Point "B" in 60 seconds while improving the team score over each of three to five rounds.

Guidelines:

- Bubble Blower must remain behind the Point "A" line.
- Bubbles must cross the Point "B" line in order to score.
- Teams will have 1 minute between rounds to discuss ways to improve their score before the start of the next round.

Debrief Questions: (5 to 10 minutes with whole group together)

- How did this activity make you feel?
- What were some of the challenges that your team faced?
- What was one of those challenges?
- What did you notice about your teammates?
- What did you notice about yourself?
- In what ways were you able to accomplish your goal?
- What principles did you take away from this activity that you could apply to your work or family life?