

Balloon Tower Activity

Ice-breaker/energiser good for encouraging team working, identifying individual strengths and skills, developing planning & decision making skills etc.

Time 25 minutes

Split participants into small groups of 3-4

Each team should be given about 50 -60 round balloons a roll of sellotape and a pair of scissors.

Instructions: The facilitator should explain the main rules to the group.

Each team must build a tower using only balloons and sellotape.

There is a time limit (approx. 10 minutes) and the team with the highest tower will be the winner.

Each level must have at least three balloons stuck together and the tower must be able to stand up without support for a period of a minimum of 60 seconds.

At the end of the activity the facilitator should have a full group discussion around the suggested questions below and record key points about team working, skills developed, shared identified, importance of planning ahead, taking time to monitor and evaluate, good communication between the small team etc. Point out that all of these skills are useful when effecting change, making things happen and are transferable across all aspects of life e.g. personal, community, work etc.

Suggested Questions to tease out discussion:

How well do you think you worked together as a team?

What do you think contributed to your success in achieving the task?

Did you take time to plan ahead before starting? If so what difference did this make?

How did you reach agreement about any decisions you had to make?

What skills did you identify in your group members that helped to complete the task?

Identify others skills you have that will help reach your aim?