

LEADERSHIP CHALLENGES – FOR GROUPS

Use these activities in a fun way to enhance leadership learnings!

These challenges are more than a mental break. They can also be used as a leadership tool to build teams, create communication, and develop positive group dynamics.

During your GLS Next Gen there will be multiple opportunities to incorporate leadership activities into the sessions. Each activity should be at least 10 minutes long and used to encourage participants to grow as leaders and re-engage for the next session.

We've provided a few ideas for you to consider.

TELEPHONE Pictionary

Location: Indoor

Time allocation: 15mins

Group Size: Approx. 6 - 8 students

Leadership Theme: Ice Breaker, Communication

The pen-and-paper game Telephone Pictionary is played by alternately writing and then illustrating the text. Here are the steps:

Step 1: Every person at the table receives 1 piece of paper and a pen.

Step 2: Each person writes a short sentence at the very top of their paper. (The sentence should be fun. E.g. The girl loves her frog)

Step 3: Participant #1 then hands their piece of paper to participant #2, (the person to their left). Participant #2 is then required to draw the sentence. (See image below)

Note: They should only take up a small section of the page so that every person at the table can have a go.

Step 4: Participant #2 folds over what participant #1 wrote, so the third person the paper is handed to can't read the text. Participant #2 hands the folded paper to Participant #3.

The aim here is for the third person to only see what the second person has drawn. It is then their turn to write a short sentence about what they see! (E.g. A girl found a frog that she loves)

Step 5: From there, the paper is folded over again, and the next person (Participant #4) must draw a picture of what that text says (not seeing the image or texts drawn earlier) (See below).

This process is then repeated until all papers have rotated around the table and everyone at the table ends up back with the paper they started with.

By the end, there should be a great story on each person's paper that has been created over the course of 6 - 8 images and sentences.

Follow up questions for processing:

🗒 **How could this game reflect a deeper idea of how we treat people in life?**

e.g.

- » Sometimes we misunderstand people or take things the wrong way.
- » Sometimes we spread gossip that builds to be bigger than the truth.
- » Sometimes we have thoughts that pop into our head and if we don't get them under control, they can become bigger or harder to deal with.)

🗒 Pick one of those three concepts and chat about how they could affect a person's life (positive or negative).

A game Telephone Pictionary starting with the text "The girl loves her frog" and ending with "The witch doesn't like chickens, but her twin does."



THE SHRINKING ISLAND

Location: Indoor / Outdoor

Time allocation: 10 – 15mins

Group Size: Approx. 6 - 8 students

Leadership Theme: Ice Breaker, Team Building, Communication, Trust

This is a team building, ice breaker challenge that is useful for building relationships amongst participants.

Participants get into groups of 6 – 8 (if they are seated at tables, they can use their table group).

Participants are given one piece of newspaper (or an A3 page).

Step 1: Participants are asked to have everyone stand on that single piece of A3 newspaper. Once a group completes the first challenge, they move on to step 2.

Step 2: Participants must fold the newspaper in half and again have all participants stand on the newly folded newspaper. No feet may be touching the floor around the newspaper. If a table completes Step 2, they can move onto the hardest phase - Step 3

Step 3: Participants must fold the newspaper in half again. At this point, the newspaper should be $\frac{1}{4}$ of its original size, with all participants working together to try and stand on that single piece of paper. No feet can be touching the ground around it and the catch – No one can speak!

At the end of this leadership challenge ask these questions:

- 🗣 Was it hard to have people in your personal space? Why?
- 🗣 If you were to do this challenge again, what would you change?
- 🗣 How did you communicate as a group when no one was able to speak?



SPEED EMOTION CHARADES

Location: Indoor

Time allocation: 10 – 15mins

Group Size: Approx. 6 - 8 students

Leadership Theme: Team Building, Ice Breaker

This is a team building, ice breaker game that is useful for building momentum, creating energy and full group participation.

Participants get into groups of 6 – 8 (if they are seated at tables, they can use their table group).

This is a game of speed charades about emotions. Each person at the table will have a chance at being a silent actor.

One person from the table is given the list below. They are the table leader who tells individual participants what their charade is. The aim is that each person will take a turn around the table to do one emotion charade. The table 'wins' once each person has participated once in a charade, and it was guessed correctly by the table. The table leader does their final charade at the end.

How to play charades:

Step 1: One person is given an action to act out – talking is not allowed.

Step 2: Everyone else tries to guess what that person is acting out

Step 3: Once that person has been successful and the action is correctly guessed, the next person around the table (to their left) begins to act out the 'emotion' they are given.

Below are the emotions to print off as a list for the table leader to use:

- » Angry
- » Shocked
- » Sad
- » Excited
- » Scared
- » Happy
- » In Love
- » Peaceful



HUMAN BINGO

Location: Indoor

Time allocation: 10 – 15mins

Group Size: Approx. 6 - 8 students

Leadership Theme: Team Building, Ice Breaker

Participants are provided with a Human Bingo Sheet (See below).

Participants must interact with one another from across the GLS Next Gen and find out which of the statements written on their card match with someone present in the room. To do so, each player will quietly ask whether an affirmation written on their card is accurate for the person they are talking to (e.g. "Do you like to cook?").

When they encounter someone who meets the criteria on their sheet, they must have that person sign their name. A person may not sign their name more than once. Each statement must match another person, so participants must interact with people across the whole room to cross affirmations out.

When a participant fills out the card, they shout "Bingo!" and steps out of the game. After the first-person shouts "Bingo!" The game is over, and the first person is the winner.

They could receive a prize.

The aim of this game is for participants to learn something new about others in their group, to network and to share something interesting about themselves.

Copy this table and print – one page per participant (Or create your own!)

HUMAN BINGO			
Every table must be signed by a different person - with an example answer in each box (eg: been overseas – to france)			
CAN DO A CARTWHEEL	HAS BEEN OVERSEAS	HAS FUNDRAISED FOR A CAUSE	HAS PERFORMED ON STAGE
HAS BROKEN A BONE	CAN PLAY AN INSTRUMENT	IS AFRAID OF HEIGHTS	FAVOURITE COLOUR IS ORANGE
WRITES LEFT-HANDED	HAS MORE THAN 1 SIBLING	LOVES CHOCOLATE	PLAYS A SPORT

WIZARDS, GIANTS AND ELVES

Location: Indoor / Outdoor

Time allocation: 10 – 15mins

Group Size: Whole Group Activity

Leadership Theme: Ice Breaker

Participants break into two large groups and line up facing each other.

The aim of the game is for one side to win over the other team.

Participants line up facing an opponent (directly in front of them). The emcee counts down from 3 (3, 2, 1...) and each participant must decide to be a Wizard, Giant or Elf.

Wizards must say 'Zap! Zap! Zap!' and make a 'waving wand' action

Giants must say 'Roar! Roar! Roar!' and put their hands up above their head in a scary stance

Elves must say 'Feedle! Feedle! Feedle!' (In a high-pitched voice) and twinkle their fingers towards their opponents.

Here's how a team wins (like Rock, Paper, Scissors):

Wizards beat the Giants because they put a spell on them!

Giants beat the Elves because they scare them away!

Elves beat the Wizards because they trick them!

For example: If a participant chooses to be a wizard and their opponent reveals themselves as a giant, then the wizard wins the round and must chase their opponent until they tap them. That person then joins their team. If the participant who chose to be a giant gets back to their 'safe zone' before being tagged, they stay on their same side.

This game can be played multiple times. It can be an individual's game and can also become a team game if one person is allocated as the leader for each side and they determine which personality the whole team will represent.



THE ELEPHANT WALK

Location: Indoor / Outdoor

Time allocation: 10 mins

Group Size: Approx. 6 - 8 students

Leadership Theme: Communication and Trust / Ice Breaker

Provide participants with one balloon each.

They must blow up the balloon, join with their teammates and walk from one side of the room to the other without losing any of their balloons. This can become a race with other groups if the room is large enough and the team sizes work.

See image below for ways the participants must hold hands to walk.



HOW YOU SEE ME

Location: Indoor / Outdoor

Time allocation: 10 – 15mins

Group Size: Approx. 6 - 8 students

Leadership Theme: Communication and Trust

Provide participants with a single piece of paper and a pen. Ask the participants to shut their eyes and draw a self-portrait (picture of themselves.)

Have the participants write five words on their page that represent who they are

(e.g., their hobbies, likes, dislikes, positive or negative traits, skills, strengths, or beliefs. Whatever makes them unique.)

Once the participants have finished their self-portrait and written those words, the next step is to have each participant pass on their drawing to the person on their left (to the person sitting beside them). The aim of this challenge is for each person's self-portrait to be passed through to every person around the table. (Approx 6-8)

As each participant's paper slowly makes its way around the table, at each new stop, the person at the table is to write something they see in the person whose self-portrait is in front of them. (Something positive, meaningful, or kind.) **It must be a sentence.**

At the end, when the self-portrait reaches its original owner, the owner should have 7 – 10 new thoughts on the page that represent who they are. The aim is that they may have a new perspective about how others see them. (Hopefully a positive one).



THE MAGIC CARPET

Location: Indoor / Outdoor

Time allocation: 10 – 15mins

Group Size: Approx. 6 - 8 students

Leadership Theme: Communication and Trust

Provide a small tarp, which has enough room for all participants to stand within its boundaries. Then, inform the group that their task is to work together to flip the tarp over without any participant stepping off.

The challenge is complete once the whole tarp is flipped over, and the participants are successfully standing on the upside-down tarp.

If (or when) a participant steps off the tarp and you want to take the challenge up another level, the number of times someone steps off the tarp, is the number of star jumps (or push-ups, burpees, sit ups etc.) that the whole team must do at the end once the tarp is flipped.

This challenge works best if there are spotters (teachers, youth leaders, staff) who monitor each group and call out when a participant is off the tarp.



HOW I FEEL RIGHT NOW

Location: Indoor

Time allocation: 10 mins

Group Size: Approx. 6 - 8 students

Leadership Theme: Communication and Trust

Provided below are 12 images.

These images must be copied and pasted onto a PowerPoint and shown during the activity on a main screen or printed out on a large A3 sheet of coloured paper. (One sheet per table.)

Participants must choose one image from that set of 12 that represents or reflects their current mood, outlook, or feelings about how they are going in life. (You could also ask the question – choose one image that reflects how you are feeling about today)

Participants share around the table which image they chose and why.



TWENTY-ONE

Location: Indoor

Time allocation: 10 mins

Group Size: Approx. 6 - 8 students

Leadership Theme: Ice Breaker

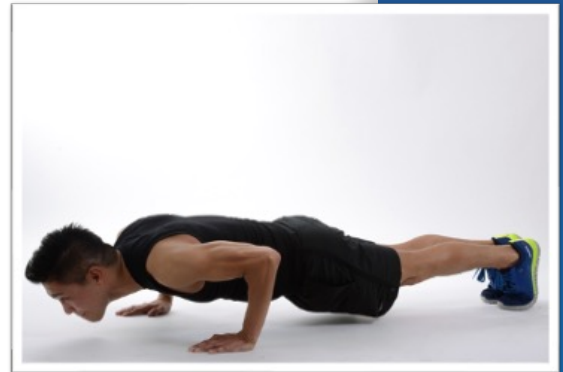
Participants sit in groups of 6 - 8 in a circle.

The aim of the game is for you not to have to say the number 21.

Taking it in turns (going around the circle clockwise) each person must say a number between 1 – 21.

The catch, if someone says 1, the next person can only say a different number no higher than 3 figures above or below that first number). Going around the circle, until every number is said, and the last person must say 21.

The person that is caught on the number is the loser of that round and must do a burpee (or similar challenge)



THE FALLING CIRCLE

Location: Indoor / Outdoor

Time allocation: 10 – 15mins

Group Size: Approx. 6 - 8 students

Leadership Theme: Communication and Trust

Students are in their table group. They stand in a circle, shoulder to shoulder facing in. Their feet are positioned in a catching stance (one in front of the other). One person chooses to stand in the middle. The middle person is asked to shut their eyes and become as stiff as a plank. They then proceed to fall backwards, and forwards, side to side, being gently pushed around in the circle by the rest of the group. If you want to up the trust factor, the group takes one small step outwards. But this must only be done if the person in the middle weighs the same or less than those doing the catching. Otherwise keep the group circle tight for stability. Each person in the group must have a go in the center.



I TRUST YOU

Location: Indoor / Outdoor

Time allocation: 20 – 30 mins

Group Size: Participants are in pairs

Leadership Theme: Communication and Listening, Trust and Patience

*This activity can be played with blind folds or with eyes closed.

This game can be played with blindfolds or with eyes closed. This game requires adult supervision of participants while taking place.

Participants are in pairs. One person is the leader, the other is the follower. At all times, the follower must have their eyes shut or be blind folded. The leader can only give verbal instructions and guidance to the follower. They can't guide them with any form of physical contact. The leader must talk to the follower and guide them around a designated trail / obstacle course while the follower's eyes are shut. If the follower looks like they may run into something the leader can intervene for safety. The follower must listen and do as they are instructed, to get to the end of the course. Once they are there, the roles are reversed, and the leader becomes the follower.



Processing around this is based on mutual trust, listening skills and communication.

TAKE A SEAT

Location: Indoor / Outdoor

Time allocation: 10 - 15 mins

Group Size: Participants are in one large circle (or can be in their groups of 8 – 10)

Leadership Theme: Communication and Listening, Trust

The whole group stands shoulder to shoulder in a circle, facing the person in front of them. They then take steps towards the center of the circle until they are completely connected as a circle. Then, on the count of three, one person says "SIT!" and everyone takes a seat on the person behind them. If the circle is strong, then everyone in the circle will be able to sit on the knees of the person behind them.

To enhance difficulty, ask the group to all raise their hands to the sky. Then ask the group to slowly lean towards the center of the circle and then slowly lean towards the outside of the circle.

Processing around this is based on mutual trust, listening skills and communication.



STICK IT!

Location: Indoor / Outdoor

Time allocation: 10 - 15 mins

Group Size: Participants are in one large circle (or can be in their groups of 8 – 10)

Leadership Theme: Personal reflection on behaviour and investment into community.

*This activity requires each participant to have a small book of post-it notes and a pen. Or a sheet of butchers paper per group.

Every participant is given a small book of post-it notes and a pen (if this is too expensive you can do it with butchers paper on the table). The facilitator asks them these questions and every participant must write as many words as they can think of that relate to the question and post them onto the table in front of them. (E.g. For one question, a single participant might have 10 post-it notes with single words answering that one question).

First Question: (Give them 2 minutes to write as much as they can)

Describe what a positive, supportive, and engaging school / youth group / university (*use whatever location is relevant to you*) would look like to you? (Eg: no bullying, positive vibes, encouraging each other, interesting classes, lots to get involved with etc.)

Second Question: (Give them 2 minutes to write as much as they can)

What would someone have to do to help build that type of place? (Eg: listen to each other, watch what we say to each other, give our best effort etc.)

Third Question: (Give them 2 minutes to choose a post-it note)

Looking at the second question, choose one post it note that you know you do well.

Fourth Question: (Give them 2 minutes to choose a post-it note)

Looking at the second question, choose one post-it note that you know you personally could grow in.

(Give them 5 minutes to process)

Participants write on the back of that post-it note, what they will do this week to grow deliberately in that area. Have them write a few ideas down and then ask the participants to stick it where they will see it and remember to do it!



WHAT DO YOU THINK? THE ETHICAL GAME

Location: Indoor / Outdoor

Time allocation: 10 - 15 mins

Group Size: Any Group Size.

Leadership Theme: Open discussion, understanding, inclusion.

The aim of this game is to create a place where participants are challenged to think for themselves, make up their own minds and communicate why they believe what they believe. It's not a place to judge, but to truly help them see that different opinions are good and in fact are important. To recognise that it's ok to see the world differently and learning to listen and appreciate that someone might have a different way of thinking to you is a valuable life skill.

Participants stand in the middle of the room in a clump. The adult / teacher asks a question, and the students must answer with YES or NO. There is no middle ground. They cannot stay in the middle, and they cannot talk to anyone else while they are making their decision. Once all participants have decided which side of the room to go towards (Right = No / Left = Yes), some of them are asked to share why they believe what they believe. At this time, no one is allowed to talk or respond to the comments. It's not a debate, it's a sharing time. Once that question has been talked about, participants go back to the middle of the room, ready to respond to the next question.

QUESTIONS:

- 🗳 Do you think Hungry Jacks (insert local fast food chain) really does have the better burgers?
- 🗳 Do you think love at first sight exists?
- 🗳 Do you think Coke is better than Pepsi?
- 🗳 Do you think it's stealing to take stationary (pens, paper, glue etc.) home from work to use for personal use?
- 🗳 Do you think our whole country should legalize marijuana?
- 🗳 Do you think the world should take a break from Social Media?
- 🗳 Do you think our country should be more open with its borders to refugees?
- 🗳 Do you think our country should lower the legal drinking age to 15?

The presenter / facilitator asks individuals: Can you share with us your reasons behind what you believe?

Processing Questions as a large group afterwards

- 🗳 Why do you think knowing what you really believe, matters in life?
- 🗳 Why is it hard for us to listen to someone else's opinion and not share our own?
- 🗳 Why do you think it is important for leaders to seek out different opinions?

KNOTS

Location: Indoor / Outdoor

Time allocation: 5 - 10 mins

Group Size: Table Group Size (8 – 10 people)

Leadership Theme: Communication and trust

Participants get into groups of 6 – 8 people (their table). The GLS Next Gen facilitator tells each group to make a small circle. The participants then put their left hand into the centre of the circle and grab a different person's hand. The facilitator then repeats the request and asks the participants to put their right hand into the centre of the circle and grab another person's hand. At this point, all participants should now be holding two other people's hands. The facilitator then gives the instruction for the participants to untangle themselves without releasing anyone's hand. The group that untangles themselves the fastest 'wins'.



BACK TO BACK

Location: Indoor / Outdoor

Time allocation: 5 - 10 mins

Group Size: In Pairs that can become groups

Leadership Theme: Trust and overcoming fear

Back-to-Back is a relationship building trust game. Partners stand back-to-back and work together to try to get into a seated position without using their hands. Once seated, they try to get back up. Once this has been completed the group of two then move onto bigger groups. Groups of 4, 6, or even more! Partners stand back-to-back.



THE PAPER PLANE

Location: Indoor

Time allocation: 5 - 10 mins

Group Size: In Table Groups (8 – 10 people)

Leadership Theme: Trust and overcoming fear

* This activity requires each group to have an A3 piece of paper and a pen.

The group is given one large piece of paper and a pen. Together they must design and construct a paper aeroplane. The plane representatives are called to the front and from the stage must explain their plane design and fly their planes out as far as they can. Whichever table has the most creative plane that flies the farthest is the winner and could receive a fun prize (e.g. lollies at their table, go to lunch first etc.)



POST – IT – NICE

Location: Indoor

Time allocation: 10 – 15 mins

Group Size: Whole groups – No max number.

Leadership Theme: Positive communication and trust

* This activity requires each person to have one post-it note and a pen.

Participants are each given one post-it note. They place this post-it note on their back. Participants are then instructed to walk around and write encouraging words on each other's post-it notes. While they are doing this, play an up-beat song and at the end of the song each participant should have their post-it note full of encouraging comments.



MARSHMALLOW CHALLENGE

Location: Indoor

Time allocation: 15 - 20 mins

Group Size: Table groups (8 – 10 people)

Leadership Theme: Positive communication and creativity

**This activity requires groups to have a bag of spaghetti and one small bag of marshmallows.*

At each table, give the participants half a bag of spaghetti and one small bag of marshmallows. The table must work together to build a creative structure that is tall, structurally sound, and beautiful. Give the team 5 minutes to discuss their strategy and 5 minutes to build. Whichever team can build the tallest structure that meets those requirements in the space of allocated time (e.g. one song - approx. 5 minutes), 'wins'.



THE STRONGEST BRIDGE

Location: Indoor

Time allocation: 20 - 30 mins

Group Size: Table groups (8 – 10 people)

Leadership Theme: Positive communication and creativity

**This activity requires each group to have a bag of spaghetti and sticky tape per table.*

At each table, give the participants one bag of spaghetti and one roll of sticky tape. The table must work together to build a structurally sound bridge that can carry weight. Give the team 5 minutes to discuss their strategy and 15 minutes to build their bridge. Each small group will present their bridge to the whole group and during a lunch break the bridges can be tested to see how strong they are.



THE BLIND WALK

Location: Outdoor

Time allocation: 20 - 30 mins

Group Size: Table groups (8 – 10 people) - Two groups can join together

Leadership Theme: Positive communication and listening and trust

**This activity can be done with blindfolds or with eyes closed*

In their table groups, participants nominate one person as their leader. The group gets into a line (each behind someone). They place their hands on the shoulders of the person in front of them. The chosen leader is at the front of the line. Participants are then asked to close their eyes and allow the person at the front to lead the whole group. The chosen leader should walk the group across the room, around in a circle, missing obstacles but taking them on a journey of trust from one destination to another. The chosen leader can be rotated throughout the group multiple times until everyone has had an opportunity to lead at the front.



SQUARE LAND

Location: Indoor / Outdoor

Time allocation: 15 - 20 mins

Group Size: Table groups (8 – 10 people) - Two groups can join together

Leadership Theme: Positive communication and listening and trust

**This activity requires each group to have a long piece of string (approx. 4 metres each)*

Participants close their eyes and with their eyes closed, are given a long piece of string. They are then asked to form a square with the piece of string. Once they think they have formed the square they sit down.



HELIUM STICK

Location: Indoor / Outdoor

Time allocation: 5 – 10 mins

Group Size: Table groups (8 – 10 people)

Leadership Theme: Positive communication and listening and trust

**This activity requires each group to have their own straight stick (round dowel) about 1.5m long.*

In their table groups, participants are given one piece of dowel (straight stick). They are asked to put out their pointer fingers and together as a team the stick is laid on top of their pointer fingers. Without holding the stick in anyway, the team must lower it to the ground without a single person losing contact of the stick. If even one person loses contact of the stick, they must start again.



PAPER TOWERS

Location: Indoor

Time allocation: 5 – 10 mins

Group Size: Table groups (8 – 10 people)

Leadership Theme: Positive communication and listening and trust

**This activity requires each group to have 10 pieces of paper (one per person).*

In their table groups, participants are each given one piece of paper (approx. 8 pages per group). Participants are then asked to construct the tallest tower they can by only using those pieces of paper. The tower must be free standing (not aided by anything else).



REAL ACT OF KINDNESS

Location: Indoor

Time allocation: 10 - 15 mins

Group Size: Individual Activity

Leadership Theme: Positive communication, courage and willingness to be open.

**This activity requires a pen and piece of paper. Envelope is optional.*

As an individual, they will sit at their table and choose one person in their life, that is not in the room. (A friend, family member or mentor who has supported them in life). The participant will take 10 minutes and write to this person a letter of thanks and encouragement. To help the activity move along smoothly, some of these starter lines can be added to a PowerPoint that the participants can use to write their Real Act of Kindness letter.

- ✍ Today I was thinking about you and this memory made me smile...
- ✍ You mean a lot to me, the way you
- ✍ Thank you for supporting me and helping me with....
- ✍ Thank you for believing in me and encouraging me by ...
- ✍ You have always been there for me, like the time ...
- ✍ These are the things that I really appreciate about you ...

From there, the participants put their letter into an envelope and are invited to give it to that person.



TO MY FUTURE SELF

Location: Indoor

Time allocation: 10 - 15 mins

Group Size: Individual Activity

Leadership Theme: Positive communication, courage and willingness to be open.

This activity requires a pen and piece of paper and envelope. **(Stamp is optional)*

The aim of this leadership activity is to encourage participants to reflect and think about who they want to be in 1 years' time and what part they could play in being a force for good in the global community.

Participants will write down thoughts from what they have learnt during the GLS Next Gen, share goals they hope to achieve with in the coming year and ideas about how they could impact the world. This is meant to be a time of self-reflection and vision for the future.

To help the activity move along smoothly, some of these starter lines can be added to a PowerPoint that the participants can use to write their letter.

- ✍ While doing the development game, I felt challenged by ...
- ✍ To be a global citizen, I need to look at ways I can invest into ...
- ✍ Today I have learnt this about the world... and I would like to help by...
- ✍ When we talked about this leadership principal, I decided to
- ✍ When I heard stories about ... I was challenged to...
- ✍ Today I have learnt this about myself...
- ✍ In 1 years' time, I hope to have grown in this area of my life...
- ✍ I would like to have achieved this goal...
- ✍ In 1 years' time, I hope that I am ...
- ✍ To help make a difference, I would love to try this ...
- ✍ Today I learnt this leadership principle and by next year ...

Once they have completed the letter, they put it into an envelope, seal it and write their address on the front.

There are two options for follow up:

Option 1 – The organisation running the GLS Next Gen takes the envelopes, stores them from 1 year and then mails the envelopes out to the participants a year later.

Option 2 – Participants take the letter home and store it somewhere that they can access in 1 years' time.