

# Shelter Building

## Team Building Activity

**You will need:** Cardboard Boxes, bin liners, cello tape & newspaper

In pairs, participants are given a dismantled cardboard box, a bin liner and three sheets of newspaper. In eight minutes, the participants must create a shelter for the night that is as waterproof and windproof as possible. Once the time is up, a leader tests the waterproofing of each shelter with a water spray while one of the participants is inside. This can form a competition between participants with the most best constructed shelter being named the winner.



*This activity gives participants an small taste of the reality some rough sleepers face every night. The activity should help participants to develop a sense of empathy and place them in the situation of thinking about the best possible methods of keeping warm and dry.*

# Roll a Six

## Team Building Activity

**You will need:** a variety of different types of winter clothing, a hat, scarf, gloves and coat. You will also need a large bar of chocolate, a plate and a knife and fork and a dice.

Participants sit in a circle. Using a large die, participants take it in turns rolling the die. Whoever rolls a six, must dress themselves in all the winter gear and then try and cut pieces of chocolate with the cutlery, feeding themselves any chocolate they successfully cut. The aim of the game is to eat as much chocolate as possible before another person rolls a six.



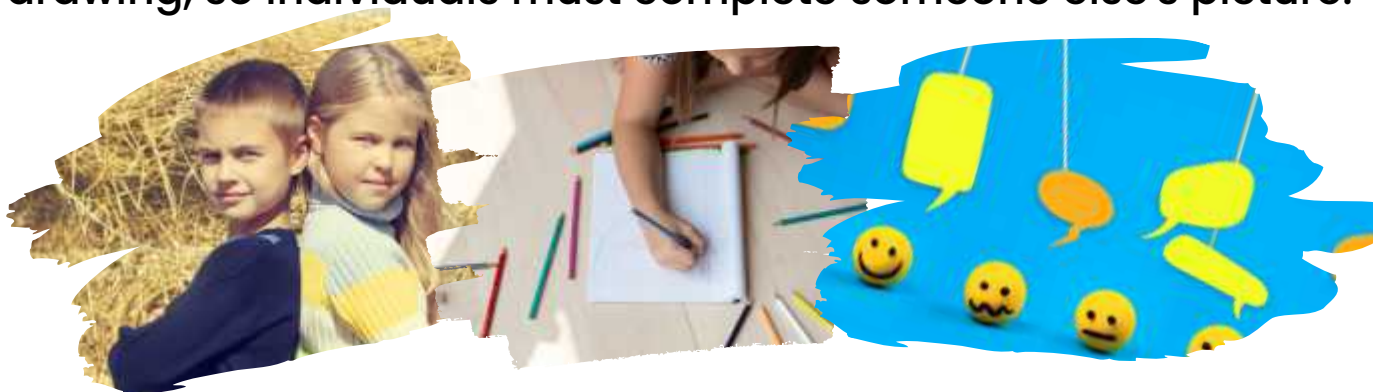
This activity is to teach the participants in a fun way that although it may seem that life is going well and we are 'rolling all sixes' and heading for good things (the chocolate), circumstances can very quickly change out of our control, and sometimes this can feel very unfair.

# Say what you see

## Team Building Activity

**You will need:** a list of objects and a note pad and pencil per pair.

This game involves pairing up. Each pair should sit back-to-back so they cannot see each other. Give one member a picture, an object, or a scene. They must then describe this to their partner without using words that are too obvious (for example, the picture may be of a chicken, but the person is not allowed to use the word chicken, bird, hen, etc. The partner of the person doing the describing, must then draw the picture, object or scene being described. You can either give everyone the same picture or have a few different options. Depending on the picture, you will need to allow 10–15 minutes. Once time is up, share the pictures – you will find there are some very funny interpretations! To make it harder (depending on the age of the group), sit in a circle and rotate people mid-drawing, so individuals must complete someone else's picture.



*The activity explores the importance of communication. Often, a lack of communication can cause relationship breakdowns, situations to get worse, and individuals to fall into homelessness. Communication is a key skill to getting one's life back on track and starting on the journey towards positive change.*

# Toxic Waste

## Team Building Activity

**You will need:** chairs, a bucket, a long rope and 2 cuddly toys.

The participants are divided into two teams and sit on chairs facing each other with a metre gap between.

The bucket is placed at one end of the corridor created by the seated pairs and the cuddly toy is placed at the other. One end of the rope is handed to each side. The group is informed that the floor is now toxic waste and that they are only able to touch the rope, anything else will result in them taking a forfeit (hand behind the back, blindfold, etc). The challenge is to rescue the cuddly toy (feel free to name and build a back story) by getting them to the bucket and using only the rope. The bucket must be upright at the end of the game. Top tip: Have a second cuddly toy ready in case they complete the task quickly. The use of the second cuddly toy can be explained by saying the new toy was struggling so the old toy jumped into save it and now the team must save both.



*The activity promotes the value of teamwork and draws attention to the importance of having a network of people to fall back on. It's often when networks fail, that situations can very quickly spiral out of control. We all need some form of support at times.*