



Team Building Indoor

'Total Challenge'

Team Building Action

Team Building is a work philosophy where participants are seen as members of interrelated groups and not only as individual members. Team Building consists of a set of dynamics aimed at understanding how these groups function and behave.

Why **Team Building**?

- It improves interpersonal relationships within the company.
- It helps groups improve their internal cohesion.
- Promotes training and integration of the human resources from a dynamic approach.
- Promotes individual and group communication and confidence.
- Strengthens cooperation, tolerance and respect.
- Promotes, develops and improves leadership attitudes.
- Increases creativity and flexible thinking.
- Encourages experiential learning.
- Increases flexibility in the achievement of skills and abilities.
- Improves overall group performance in fun and relaxed environments.
- Improves productivity compared to other groups where members only act as individuals.
- Increases innovation and competitiveness of organisations.

Team Building Indoor

- It encourages a goal-oriented attitude and keeps the team on track towards the goal.
- It fosters trust among team members, offering leadership responsibility and assigning responsibility to other team members.
- It trains the leader in skills and abilities related to team actions and conflict resolution in groups.
- Provides spaces to work on prioritizing actions and objectives and keeping the team focused.
- Fosters a leader who recognizes the strengths and weaknesses of his or her group and provides appropriate feedback.

What is Team Building Indoor about?

Team Building Indoor is a station-based tournament where each team must compete and score points in different games and activities. Both physical and intellectual skills are developed, always based on teamwork. This dynamic fosters cohesion and strengthening of the groups together with the achievement of learning in a fun and relaxed environment.

1. Inicial Briefing

Team Building Action will be in charge of carrying out a series of integrating games from which the working groups will be formed. These activities are important as an ice-breaker among the participants and to achieve good interpersonal communication. Once the groups are established, they should identify and introduce themselves to the other teams. Once the groups are defined, the COMPETITION will begin in an enjoyable and entertaining environment for all.

Total Challenge

Teams will compete to conquer the Total Challenge. To do so, they will have to go through different obstacles and add up scores until they win the total challenge to be crowned. Groups will be formed from mixer games or may already be formed. This depends on the objectives for the day. The number of people per group is as mentioned before as it allows everyone to really participate and get involved.

After the initial briefing by the coaches in charge, the groups should choose a team name, a battle cheer and a creative pose that identifies them in a given time. This small activity already allows certain aspects of the groups to be worked on.

Here it often becomes clear how, in the same time and space, different groups react in different ways and achieve different results.

Each group will have a parchment on which they will have to place the scores they obtain at the different checkpoints..



In order to achieve this, they will have to go through some challenges

The King's crown and the encrypted message

Each team is given 1 ring to symbolise the king's 'crown'. Once everyone is holding hands, they must 'untangle' themselves without letting go at any time and without letting the 'crown' fall into the void. Finally, once they have passed these tests, they will be given a Morse code that they will have to decipher in order to save both the king and his crown.

In this game they work on: decision making (how to move the hoop, how to organise themselves), coordination, balance and working together (they must coordinate all the movements to really accomplish the tasks), effort and perseverance (even if they are tired, they must continue in order to reach the end of the test), ingenuity and creativity (in order to find the quickest way to move and solve the code).



Crosswords

In this checkpoint, the mission is to form words and phrases in the shortest possible time.

The teams will have to think of another word (maximum 10 letters) that is related to the previously formed words and communicate it to the intruder of the opposing team. Through mime, the intruder must try to communicate the word he/she was given to his/her group (in less than 1 minute).



In this game we work on: interpersonal communication and delegation of roles (both to form the words, the sentences, go and look for the letters, decide who will be the 'intruder', decipher the word), confidence in the team and in the leader, socialisation, perseverance, mental quickness, ingenuity, tolerance (listening and making decisions based on the different ideas that arise in the group).

Mine seekers

In this station there are mines buried in the ground which cannot be seen and are explosive. In this game, the teams choose three team mates who, blindfolded, have to collect small balls of their team's colour in a certain field, guided by the team mates outside the field. The winner is the team that is able to locate and deposit the mines the quickest, respecting the instructions of the game.

This game works on interpersonal communication (with the complication of not being able to see and the noise of the other teams), trust in others and collaboration to achieve a final objective, decision making and



delegation of roles (who will be the 'blind' ones, who will hold the bags, who will be the guides), coordination, hearing acuity, balance, the ability to synthesize and give precise indications (in the case of the guides), creativity (to be able to create a form of communication between the guides and the 'blind' that is different from the rest of the groups), working together (between guides, blind and the person who will hold the bag), effort and perseverance, respect for the rules, fair competition with the other teams, respect for members of other groups.

The magic carpet

In this game the teams will have to succeed in this test to make a carpet rotate 360.

In this game they work on communication as they will have to coordinate with each other to get which is the best way to move the carpet. Effort and creativity to find the best way to do it, the confidence in each other to avoid falling, decision making and team coordination are necessary to move the carpet.

Forbidden word

In this game, the teams will have to use all their creativity and cleverness to be able to transmit the secret word to a team leader so that he or she can discover it without using the forbidden words.

In this game they work on: visual and corporal communication in the attempt to discover the words that the leader will have to transmit, teamwork so that together they can discover the secret word, cooperation and perseverance in order to discover the word.



The Enchanted ring

In this game, the teams will have to test all their skills as a team to be able to transport a very common object that represents the magic ring with just the tip of the index finger of each participant.

This activity works on coordination to be able to move the magic ring, communication to agree on how to do it, integration and cooperation to be able to do it, confidence in oneself and in the team to achieve the objective.

The blind Caterpillar

In this game the teams will have to place themselves in numerical order according to the number they receive, but with a small complication, the participants will be blind.

In this game participants will have to devise communication strategies, make physical contact and establish trust with each other, ingenuity and creativity will have to be brought into play to transmit their number to their partner before the time is up. As a farewell, the teachers will announce the winners and say goodbye with a reflexive message about the day.



Team Building Indoor is a unique opportunity for participants to get to know each other, discuss, cooperate, solve conflicts and reach a goal in a fun and playful environment.

The games are adapted to all ages and physical conditions, so the only thing that is necessary is the willingness of the participants and the desire to have a good time!



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