



Shoe Scramble!



Purpose/Benefits:

The general purpose is to foster teamwork, problem-solving skills, and build group cohesion among chapter members.

Energy Level:

High – This activity requires a moderate amount of movement, but can illicit high energy through laughter and problem solving.

Settings/Materials Needed:

This activity can be conducted indoors or outdoors. You will need a space large enough to create a large circle in the middle of the room. To conduct this activity the facilitator will need a stopwatch. All of the participants will need the shoes that are on their feet.

Method:

If being done with a small group (5-10 people): Have all chapter members form a circle and have them take off their shoes and place them in a pile in the middle of the circle. Tennis shoes may be untied, but the laces may not be loosened. After all of the shoes have been piled, ask all chapter members to link arms with the person next to them. The task is for all members to place their own shoes on their feet without unlocking arms with the people beside them. All shoes must be completely on and must be tied (or buckled depending on the type of shoe). Time the group while they complete this task. When the task is accomplished, share the time with them and then ask them to brainstorm a strategy to try and beat their previous time.

If being done with a large group (12+ people): Divide the group into smaller groups and follow the steps stated above. During the brainstorming part, the groups could try and compete against each other instead of trying to beat their own time.

Debriefing Questions:

- What was the experience like?
- Was there any frustrating moments? How did the group handle them?
- Did anyone emerge as a leader in the group(s)?
- How can this be related to the work your do in your chapter?

