



transforming church
for all ages

Facilitation Day

60 second challenges

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1 Through the Paper

The team gets an A3 piece of paper and a pair of scissors and must cut a hole in the paper which enables the three nominated members of the team to get through the piece of paper, a child, a young person and an adult.



2 The Wave

The team stands up in a circle, all facing in the same direction. A volunteer starts off making an arm motion and the group members follow one at a time immediately following each other to make a wave. See how fast how you can go. The leader can change the motion and the pattern of the wave. Repeat with a further two leaders so that a child, young person and adult have all led 'the wave'.

3 My name is...

Each member of the group needs to go round and say their first name, but adding a word before it to describe something about them, which begins with the same letter as their name. For example:

- I am entertaining Ed
- I am fast Freddy
- I am clever Claire



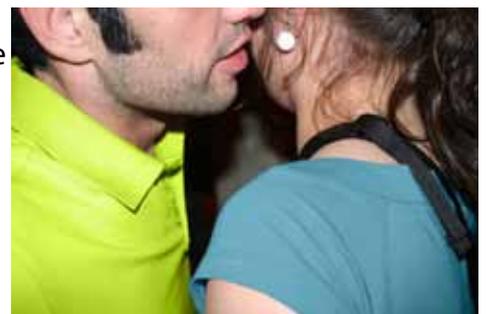
4 Pass the Polo

Each member of the team takes a straw and puts it in their mouth. The team has to pass a Polo round the group using only the straws. The challenge is to see how many people can pass the Polo on in 60 seconds.

5 Tongue Twister

The team sits in a circle and the first person must repeat the tongue twister quietly to the second person, who whispers it to the next and so on. When the message gets to the last person in the circle, see how close it is to the original!

- Seventy seven benevolent elephants
- If Stu chews shoes, should Stu choose the shoes he chews?
- Wayne went to Wales to watch walruses.
- Six sleek swans swam swiftly southwards



6 Following instructions

Each subgroup is given a piece of paper containing the following instructions:

- a All girls stand on their right leg.
- b The boys sit on the floor.
- c The youngest person in the group closes one eye.
- d The tallest person in the group gets up on a chair (exemption from first three points!).
- e Everyone needs to line up in order of height with the shortest person first.
- f All shout "HURRAY" when the above is complete (all at once).

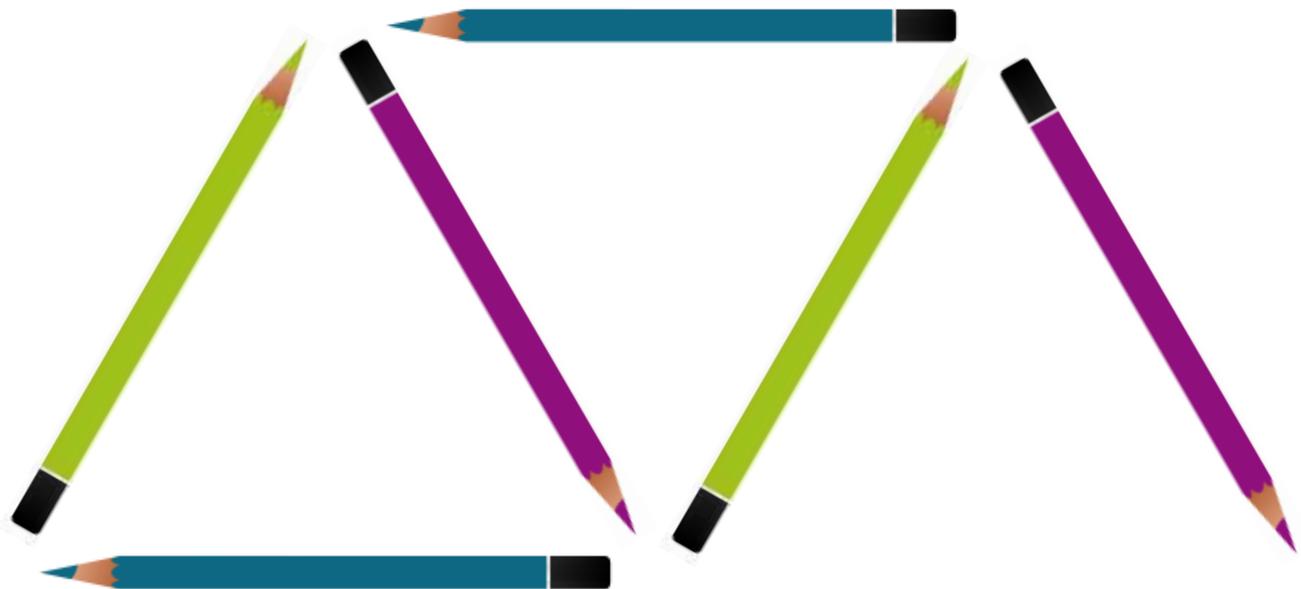


7 Toilet roll statues

Give each subgroup a toilet roll and the instructions that they need to choose one member of their group (it is not allowed to choose the smallest person) and they need to convert them into a toilet roll statue in 60 seconds.

8 Pencil Power

Give each subgroup six pencils/pens (or six matchsticks or cocktail sticks) of equal length and have them arrange them as per the picture below. They then have 60 seconds to make four equilateral triangles (same length sides) using the pencils/sticks. Each triangle must be the same size, and every side of each triangle must be the same length as the sticks provided - and no breaking sticks/pencils allowed.



- **The answer is to make a 3D pyramid with the sticks/pencils.**

