



# Nouns & Adjectives

*Participants mingle about creating activity names to activities that don't exist. Yet.*

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**Time:** 15-20 minutes

**Materials:** Index cards and pens

**Guidelines:**

1. Participants should have an index card and a pen.
2. Instruct participants to write a noun on one side of the index card and an adjective on the other. This could be done as people enter the room prior to the official start of the session/class.
3. Once the first two steps are complete invite participants to mingle with others. During this time participants can mix and match different nouns and adjectives to come up with interesting new activity names.
4. Once an interesting name is created, participants attempt to create rules and guidelines to a completely new game.
5. Allow enough time for people to share their games with 2-3 partners before coming together to close out the activity.
6. As one large group, encourage participants to share what they came up and, in some cases, test these new ideas.

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# Remove and/or Add a Rule

*New takes on classic activities can be as easy as forgetting one simple rule.*

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**Time:** 15-30 minutes

**Materials:**

- A large boundary rope, approximately 50 feet long
- Two large buckets or hoops, 25 to 30 tossable objects (such as fleece balls, stuffed animals, deck rings, etc.)
- A stopwatch

**Guidelines:** This activity helps create new ideas by making changes to old ideas. Below you will find the write up to a classic activity often called **Mass Pass**. Set up the activity and run it according to the instructions below.

After participants experience the activity share the write up with them and invite them to make changes to guidelines by subtracting and or adding a rule. For example, instead of setting up the rectangle, ask students/participants to make any shape they want, or instead of 90 seconds on the clock, keep the timer out of the mix, and end the activity once all of the objects are transferred.

You can try this with a variety of classic teambuilding activities so be creative.

**Mass Pass**

**Set Up:** Create a large rectangle with the boundary rope and place the buckets or hoops at opposite corners from each other. Place all the objects in one container.

**Guidelines:**

- Ask the group to gather around the outside of the rectangle to hear some specific instructions.

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- The challenge in the activity is to move as many objects as possible from Bucket A to Bucket B within the given time frame – 90 seconds works well – while following these rules:
  1. During each round, participants may not move their feet.
  2. All sides of the rectangle must be occupied by at least one participant.
  3. The interior of the rectangle is off-limits.
  4. If an object is dropped inside the rectangle, it may not be picked up again during that round.
  5. Objects must be touched by all participants before they are placed in bucket.
  6. Objects may not be passed directly to anyone's right or left, including around corners.
  7. Timing of the 90-second round will begin once an object in bucket A is touched by any participant. Once the 90 seconds are up, all actions stop, and the items in Bucket B are counted. The number of items equals the score for the first round.
  
- Before going into the second round, the group should be given a few minutes to discuss how they may improve their score.
  
- Three or four rounds is a good number of attempts for most groups.