



# 1 HOUR ACTIVITY: BUILD A BIKE

Learn to foster teamwork, problem-solving, & collaboration.

## COMPETENCIES ADDRESSED

- As priorities we will be addressing competencies of Teamwork and Collaboration, Communication Skills, Problem-Solving, Leadership and Delegation
- Time Management, Adaptability and Flexibility and Social Responsibility

## MORE ABOUT THIS GAME:

1

This initiative gives participants an opportunity to enhance teamwork and collaboration skills, achieved through a hands-on challenge that also contributes positively to the community.

2

Participants are divided into small groups and tasked with assembling bicycles from disassembled parts.

3

Each team receives a set of bike parts and tools, and they must work together to assemble the bike within a set time frame. Facilitators offer guidance as needed.

4

After completion, the bikes are donated to a charity, adding a charitable and heartwarming aspect to the exercise. This activity not only strengthens team dynamics but also provides a meaningful contribution to the community.



# 1 HOUR ACTIVITY: TOWER BUILDING GAME

Learn to enhance coordination, strategic thinking, and teamwork.

## COMPETENCIES ADDRESSED

As priorities, we will be addressing competencies of Coordination and Teamwork, Strategic Thinking, Problem Solving, Effective Communication, and Innovation Skills.

## MORE ABOUT THIS GAME:

1

Participants will work in teams to construct a tower using simple tools and building blocks. This activity emphasizes the importance of communication, coordination, and shared problem-solving to achieve a common goal.

2

**Coordination and Teamwork:** Participants will need to work together, strategizing the best ways to assemble their tower efficiently while maintaining structural stability. The game develops hand-eye coordination and collaborative thinking.

3

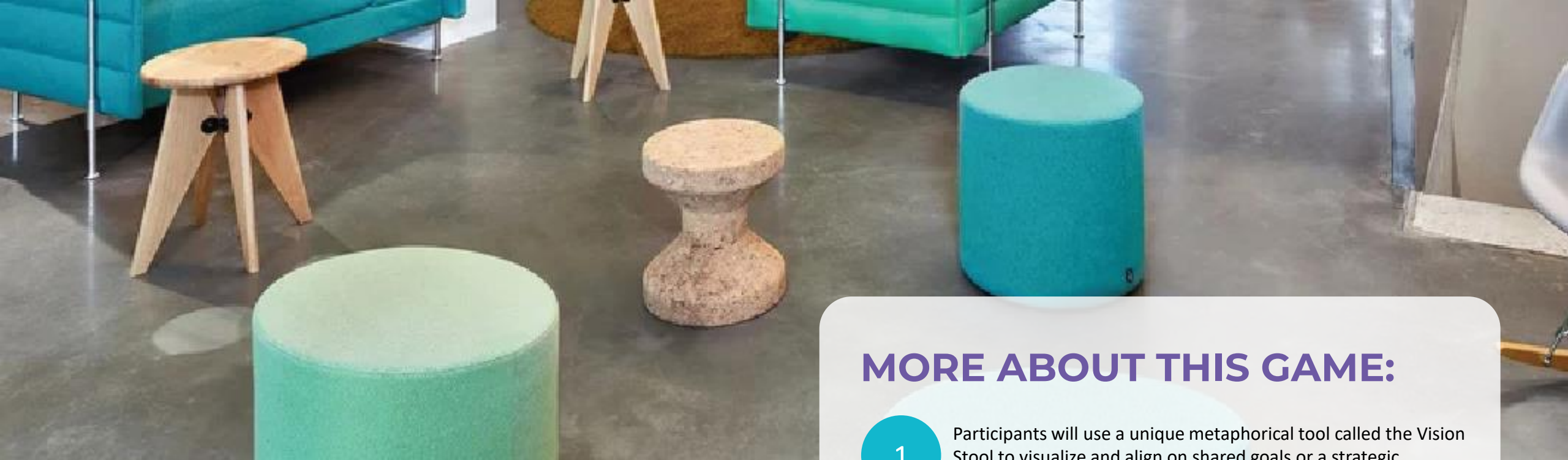
**Problem Solving and Strategy:** Teams will encounter challenges during the building process that will require creative solutions and quick decision-making. This tests and builds participants' problem-solving abilities.

4

**Hands-On Engagement:** The tactile nature of tower building allows participants to actively engage with each other, enhancing focus and concentration through the interactive task.

5

**Storytelling and Reflection:** At the end of the activity, teams will present their towers and share their building journey, highlighting key decisions, challenges, and successes. This helps communicate their thought processes, teamwork dynamics, and insights gained.



# 1 HOUR ACTIVITY: THE VISION STOOL

Learn to align team vision, fostering strategic thinking, and building consensus.

## COMPETENCIES ADDRESSED

As priorities we will be addressing competencies of Collaboration and Teamwork, Communication Skills, Time Management, Strategic Thinking, Problem-Solving, Leadership and Influence.

## MORE ABOUT THIS GAME:

1

Participants will use a unique metaphorical tool called the Vision Stool to visualize and align on shared goals or a strategic direction. The activity encourages participants to collaborate on defining core pillars that support the team's or organization's vision, represented metaphorically by the legs of the stool.

2

**Metaphorical Representation:** The stool represents the foundation needed to support a unified vision. Each leg of the stool is a pillar, representing key strategic components or values that are essential to achieving the collective vision.

3

**Creative Collaboration:** Participants work together to brainstorm, discuss, and build a shared understanding of what supports their vision. This promotes collaboration and ensures everyone's input is considered.

4

**Strategic Thinking:** By defining the stool's supporting legs, participants develop strategic insights into what elements are necessary for success and how these elements interconnect to support the overarching vision.



# 1 HOUR ACTIVITY: THE PIPELINE CHALLENGE

Practice to develop problem-solving skills, communication skills, and teamwork.

## COMPETENCIES ADDRESSED

As priorities we will be addressing competencies of Effective Listening, Effective Communication, Agility, Teamwork and Collaboration.

## MORE ABOUT THIS GAME:

1

Participants will work as a team to transport objects using a connected pipeline of tubes or channels. The goal is to move the objects from the starting point to the destination without dropping them, requiring coordination, strategic thinking, and quick adjustments.

2

**Collaboration and Teamwork:** Participants will need to work in close coordination to align their movements, ensuring that the pipeline stays connected and the object flows smoothly without interruption.

3

**Problem Solving and Adaptability:** The challenge involves overcoming obstacles such as maintaining balance, adjusting strategies, and adapting to changes when errors occur. This reinforces participants' ability to think on their feet and adapt as a team.

4

**Strategic Planning and Execution:** Teams must discuss and agree on a plan before execution, learning the importance of strategizing under pressure. It helps them develop a proactive approach to potential problems.



# 1 HOUR ACTIVITY: GIANT JENGA CHALLENGE

Foster problem-solving, strategic planning, and team collaboration.

## COMPETENCIES ADDRESSED

As priorities we will be addressing competencies of Effective Listening, Effective Communication, Agility, Teamwork and Collaboration.

## MORE ABOUT THIS GAME:

1

Participants will use Jenga Blocks to construct models that symbolize strategic plans or organizational goals. This tangible approach helps participants translate abstract concepts into visual and physical representations, enhancing understanding and engagement.

2

Hands-On Learning: Participants use large building blocks to create structures that represent different goals or components of their strategic plan, facilitating deeper engagement and active learning.

3

Collaborative Problem-Solving: Teams must work together to plan and build their models, requiring coordination, communication, and innovative thinking to create stable and meaningful structures.

4

Strategic Visualization: The activity encourages participants to break down their strategic objectives into tangible elements, represented by the blocks, and arrange them in a logical order to build a cohesive structure.



# 1 HOUR ACTIVITY: VISIONARY CANVAS

Learn to think innovatively and express your ideas visually.

## COMPETENCIES ADDRESSED

As priorities we will be addressing competencies of Teamwork and Creative Thinking, Teamwork and Collaboration, Communication Skills Planning and Organization

## MORE ABOUT THIS GAME:

1

This activity gives participants an opportunity to enhance team unity and shared vision, achieved through creative collaboration and expression.

2

In this activity, participants are grouped into teams and provided with canvases and art supplies to create a collaborative artwork.

3

The activity begins with each team discussing and agreeing on a shared vision or theme, which could range from their future aspirations to abstract concepts like teamwork or innovation.

4

As they engage in this creative process, team members contribute their ideas and artistic skills, working together to bring their collective vision to life on the canvas.



# 1 HOUR ACTIVITY: GOLD MINE CHALLENGE

Foster problem-solving, strategic thinking, and teamwork.

## COMPETENCIES ADDRESSED

As priorities we will be addressing competencies of Strategic Thinking, Resource Allocation, Problem-Solving, Effective Communication, Teamwork and Collaboration.

## MORE ABOUT THIS GAME:

- 1 Participants will work in teams to "mine" gold by strategizing, allocating resources, and overcoming obstacles.
- 2 Strategic Thinking and Resource Management: Teams must plan their approach, allocate resources wisely, and decide how to balance risk and reward to maximize output.
- 3 Collaboration and Communication: Effective teamwork is critical as participants need to communicate clearly and align on strategies to achieve shared goals.
- 4 Adaptability and Problem Solving: Teams will encounter unexpected challenges, requiring quick adjustments and innovative solutions to stay competitive.



# 1 HOUR ACTIVITY: INFINITE LOOP CHALLENGE

Learn to navigate through a series of challenges in a dynamic environment.

## COMPETENCIES ADDRESSED

As priorities we will be addressing competencies of Critical Thinking, Problem Solving, Agility, Effective Communication, Collaboration and Teamwork

## MORE ABOUT THIS GAME:

- 1 Participants will collaborate as a team to solve complex puzzles within a virtual environment. The goal is to progress through levels by decoding clues, aligning on strategies, and making quick decisions.
- 2 **Critical Thinking and Problem Solving:** Teams must analyze puzzles, decode patterns, and think strategically to advance through each level.
- 3 **Collaboration and Communication:** Effective communication is key, as team members share findings and align strategies to achieve goals in a virtual environment.
- 4 **Adaptability and Agility:** Teams face constantly evolving challenges, requiring flexibility and quick adjustments to succeed under time constraints.



# 1 HOUR ACTIVITY: BUILD A BALL

Learn to promote teamwork, problem-solving, and communication.

## COMPETENCIES ADDRESSED

As priorities we will be addressing competencies of Critical Thinking, Problem Solving, Agility, Effective Communication, Collaboration and Teamwork

## MORE ABOUT THIS GAME:

1

Participants will work together as a team to assemble a football using puzzle pieces within a set time limit. Success in this activity requires strategic thinking, effective communication, and resourcefulness.

2

Collaboration and Communication: Teams must communicate effectively and align their efforts to assemble the football, ensuring smooth teamwork.

3

Problem Solving and Resourcefulness: Participants will overcome challenges by strategizing and creatively using the provided resources.

4

Strategic Thinking: Teams need to plan their approach to complete the task efficiently within the time limit.



# 1 HOUR ACTIVITY: LEGO SERIOUS PLAY

Hands-on, minds-on learning activity for a deeper, more meaningful understanding of the world and its possibilities.

## COMPETENCIES ADDRESSED

As priorities we will be addressing competencies of Problem Solving and Decision Making, Strategic Thinking, Effective Communication and Innovation Skills .

## MORE ABOUT THIS GAME:

1

### DEVELOP COLLABORATIVE AND STRATEGIC MINDSET

By being a part of this hands-on activity participants can enhance their strategic thinking, effective communication, problem-solving, and innovation skills.

2

Thinking with Hands: Participants use LEGO® bricks to build models that represent their thoughts, ideas, and feelings, which can often lead to deeper insights than verbal or written communication alone.

3

Metaphorical Representation: The models created act as metaphors for real-world entities or concepts, enabling participants to explore abstract ideas in a tangible form.

4

Storytelling: Participants share stories about their models, which helps to clarify and communicate their ideas, assumptions, and insights.



## 30 MINUTES ACTIVITY: THE WARP CHALLENGE

Achieve the seemingly impossible tasks and overcome challenges of everyday life.

### COMPETENCIES ADDRESSED

As priorities we will be addressing competencies of Effective Listening, Effective Communication, Agility, Teamwork and Collaboration.

### MORE ABOUT THIS GAME:

1

**LEARN AN ATTITUDE TOWARDS THE OTHER STRATEGIC INITIATIVES:** By being a part of this dynamic activity, the participants will be able to learn the significance of agility and collaboration. They will understand the importance of communication and working together towards a common objective.

2

This is another great game that can help demonstrate that we can achieve the seemingly impossible tasks we are sometimes faced with, if we use our team and our creativity to its best effect.

3

This uses our ability to build a plan that is most efficient in passing the ball through the hand of the participants. At the end of the exercise a debrief would be done by which participants would be asked, multiple questions such as:  
What principles/values/techniques did you use to achieve a improvement each time?  
Were there some quantum leaps in performance?  
What actually took place in your group?



## 40-45 MINUTES ACTIVITY: BLIND SQUARE ROPE GAME

When visibility is low, clarity in communication matters most.

### COMPETENCIES ADDRESSED

As priorities we will be addressing competencies of Effective Listening, Effective Communication, planning, Teamwork and Trust.

### MORE ABOUT THIS GAME:

1

Participants are given a rope tied loosely into a circle and are challenged to form a perfect square as a team. The activity begins with a short planning phase where roles and approach are discussed. During execution, all participants are blindfolded and must rely only on communication, coordination, and leadership to complete the task.

2

**4–20 participants:** (Works well with both small groups and larger teams split into sub-groups)

No one may touch the rope until the activity begins. Once blindfolded, the team has limited time to execute their plan and create the square. Clear instructions, shared understanding, and calm leadership are critical for success.

- Clear and structured communication
- Leadership in uncertain conditions
- Team coordination and trust
- Planning versus execution discipline



# 1 HOUR ACTIVITY: EMPATHY TOY

“A time for self-awakening & empathy.

## COMPETENCIES ADDRESSED

As priorities we will be addressing competencies of Collaboration and Teamwork, Communication Skills, Time Management, Strategic Thinking, Problem-Solving, Self Awareness and Empathy.

## MORE ABOUT THIS GAME:

- 1 Our one-hour long team building activity will help you to build empathy ( the ability to feel someone else's pain). The Empathy Toy is a collaborative puzzle game that can only be solved when players learn to understand each other.
- 2 Empathy is being recognized as the #1 job skill, so it's no surprise that hundreds of HR Departments, Training and Development Teams, and Managers are bringing the Empathy Toy to work.
- 3 The Empathy Toy is a blindfolded puzzle game that can only be solved when players learn to understand each other.
- 4 One player starts with a pattern of assembled puzzle pieces, and everyone works together to recreate the same shape with the matching pieces.



# 1 HOUR ACTIVITY: THE BEAN CHALLENGE

Uncover your true potential by focusing on the Champion's Way and Reaching for the Stars.

## COMPETENCIES ADDRESSED

As priorities we will be addressing competencies of Communication, Collaboration, Problem Solving, Leadership, Adaptability, Creativity, Time Management and Strategic Planning

## MORE ABOUT THIS GAME:

1

**BREAK DOWN THE CYCLE OF OLD HABITS AND ADOPT NEW ONES:** As a result of this high energy team building exercise, the participants will be able to unleash their potential by focusing on the Champion's Way and reaching for the stars. Trust and comradely is at the heart of this activity.

2

This highly interactive game will engage the team with a seemingly simple enough challenge. In reality the objective can only be achieved through a combination of teamwork, collaboration, ingenuity and resourcefulness.

3

Each member of the group will be assigned a number that corresponds to a plate number. These plates have been placed on the floor in a pre-determined manner in a square measuring 3x3 meters. The team will have to drop a bean each into the corresponding plate without it spilling over. If it does, the team will have to start from the beginning.



## 30 MINUTES ACTIVITY: BALL BUCKET CHALLENGE

Know our own attitude towards goal-setting and team work.

### COMPETENCIES ADDRESSED

As priorities we will be addressing competencies of Collaboration, Problem Solving, Leadership, Adaptability, Agility, Time Management and Strategic Planning

## MORE ABOUT THIS GAME:

1

### DEVELOP COLLABORATIVE MINDSET THROUGH EFFECTIVE COMMUNICATION

By increasing communication and breaking down silos, the participants will be able to experience a high performing team. Trust & camaraderie is at the heart of this activity.

2

Play this powerful exercise with any kind of training team to demonstrate how important it is to know our own attitude towards goal-setting and team work. Participants will experience how good and bad team work looks like, modify their performance and how different kinds of goal-settings might work for different people.

3

Everyone has to throw the balls into a bucket. If they can throw the ball from the fourth place, they get four points, from the third place it is three points and so on. At each round they have five shots. They can choose any place. Before we start the game everyone estimates how many points he or she expects to get. The instructor will write down the estimations and the real results on the flipchart.



## 30 MINUTES ACTIVITY: ANIMAL PROFILE

Identify your personality type or style by completing a series of questions.

### COMPETENCIES ADDRESSED

As priorities we will be addressing competencies of Effective Listening, Effective communication, Adaptability, Flexibility, Conflict Resolution and Relationship Management.

## MORE ABOUT THIS GAME:

- 1 Learn the Skills of Adaptability and Effective Communication  
Since communication is so essential for high performing teams, the participants will be able to learn the ability to recognize individual differences in personality and communication and adapt their approach accordingly.
- 2 This is an activity by which participants are given a questionnaire to fill to figure out what is their behavioral and communication style.
- 3 This is an interesting exercise with many “aha moments” in which participants can get to relate to the characteristics of each animal style in different situations at work and personally.



## 30 MINUTES ACTIVITY: WHO WANTS TO BE A MILLIONAIRE

Test Your General Knowledge And Your Reflection Skills.

### COMPETENCIES ADDRESSED

As priorities we will be addressing competencies of Teamwork and Collaboration, Strategic Thinking, Problem-Solving, Creativity and Innovation. Effective Communication and Resourcefulness.

### MORE ABOUT THIS GAME:

- 1 ACCOMPLISH THE GOALS YOU'VE ALWAYS DREAMED OF ACHIEVING: This initiative gives participants an opportunity to learn how to develop a strategic mindset, test your reflection skills and explore how compound interest works. This is the perfect game for pure fun and to polish the team spirit.
- 2 The participants will be divided into teams and take part in Who wants To Be A Millionaire? The game will be based on a variety of questions meant to create an engaging experience.
- 3 Teams will be able to call a friend, ask the audience and use the eliminator options to rise to the top. Multiple teams can be accommodated in the face-to-face option. Prizes maybe used to further increase the level of friendly competitiveness.



# 1 HOUR ACTIVITY: TABOO

Know how to develop collaboration and team work.

## COMPETENCIES ADDRESSED

As priorities we will be addressing competencies of Effective Communication, Creative Thinking, Collaboration Time Management and Cognitive Agility.

## MORE ABOUT THIS GAME:

1

**DEVELOP YOUR CRITICAL SKILLS AND EFFECTIVE COMMUNICATION:** Playing Taboo can enhance creative verbal expression by challenging players to describe concepts without using common descriptors, and it also hones quick thinking as participants must communicate effectively under time constraints.

2

Taboo is a highly active and engaging activity. A participant will be given a specific word with synonyms provided which he/she will not be allowed to say (Taboo!).

3

The participant will have to give the others clues for the chosen word without uttering the Taboo list of words. The participant with the most points wins. Distressing with colleagues during this fun game is ensured.

4

A further level of customization that can be applied is to keep the themes company (and/or individual team) focused. This allows for an even higher level of engagement during the game.



# 1 HOUR ACTIVITY: THE AMAZING RACE

Create a sense of togetherness and building incredible morale in teams.

## MORE ABOUT THIS GAME:

1

**BREAK DOWN THE TERRITORIAL ATTITUDE OVER TASKS AND RESPONSIBILITY TO OVERCOME THE CHALLENGES**  
It aims at gathering the team in one location to have fun while competing to win the challenge. This highly interactive game maintains its fast-paced environment while emphasizing fun, not just winning the competition. It allows the team to follow clues and complete checkpoint challenges.

2

The Amazing Race kicks off from a pre-decided exciting area where participants will be divided into teams and accompanied by drivers, to move from location to location across Dubai, solving clues and riddles along the way. The race is usually timed, so teams must balance completing challenges quickly with making sound decisions.

3

The first team to reach the finish line and complete the final challenge may be declared the winner. However, the focus is not just on winning but also on the teamwork, creativity, and problem-solving skills demonstrated by all participants.

4

The Amazing Race game is successful at creating a sense of togetherness and building incredible morale in teams results on the flipchart.



# HALF DAY ACTIVITY EQUITELLIGENCE LEARNING WITH HORSES

Develop leadership skills via combined principles of emotional intelligence and natural horsemanship.

## MORE ABOUT THIS GAME:

1

LEARN THE SKILLS OF A HORSE WHISPERER FOR LEADERSHIP SUCCESS

This initiative gives participants an opportunity to develop the skills required to build trust, create relationships, and manage people through the use of a dynamic experiential learning model.

2

A highly energetic and intensive leadership and team building activity based on developing emotional intelligence through interaction with horses.

3

While working with the horses you will see that attitude is nearly everything.

4

Experience how important trust, respect, honesty, humility, integrity, and authenticity are effective in leadership and in getting results.



## ACTIVITY 3: THE TRUST TENT

Trust clearly, Guide calmly, Execute together.

### COMPETENCIES ADDRESSED

As priorities we will be addressing competencies of Trust & psychological safety, Communication clarity, Empathy & perspective, taking Leadership & followership, Collaboration under pressure and Emotional awareness.

### MORE ABOUT THIS GAME:

1

Teams work together to pitch a tent under constrained conditions, where half the team is blindfolded and relies entirely on verbal guidance from their teammates. The challenge highlights trust, communication clarity, empathy, and leadership without direct control.

2

Participants are divided into teams and briefed on the tent-building challenge, with half the team blindfolded and the others providing verbal guidance only.

3

Teams collaborate under constrained conditions, relying on clear communication, trust, and coordination to pitch the tent successfully. The time-bound format drives focus, calm decision making, and adaptive teamwork

4

Midway through the activity, roles are reversed, allowing participants to experience both leading and following. The activity concludes once the tent is successfully pitched, followed by a short reflection and debrief.



## ACTIVITY 4: TALLEST TOWER

When structure meets strategy, performance stands tall.

### COMPETENCIES ADDRESSED

As priorities we will be addressing competencies Team collaboration, Problem solving & analytical thinking, Planning & execution discipline, Innovation within constraints, Decision making under pressure, Communication & role alignment, Accountability & ownership.

### MORE ABOUT THIS GAME:

1

The Marshmallow Tower Challenge is a playful race to build the tallest tower using just spaghetti, tape, and marshmallows. It sparks creativity, quick thinking, and teamwork under pressure. A light-hearted way to test collaboration with a sweet twist!

2

Teams are briefed to build the tallest free-standing structure with the support of marshmallow. The structure must stand independently, with the marshmallow placed on top and no external support.

3

Only the materials provided may be used; no replacements or additions are allowed. Teams have 20 minutes to plan, build, test, and refine their structure

4

At the end of the activity, structures are measured, the tallest stable structure is declared the winner.



## ACTIVITY 5: DOMINO EFFECT

When systems align, momentum follows.

### COMPETENCIES ADDRESSED

As priorities we will be addressing competencies of Collaboration & teamwork, Cross-team coordination, Attention to detail, Problem solving & adaptability, Systems thinking, Accountability & ownership.

### MORE ABOUT THIS GAME:

1

The Domino Effect is a high-energy, hands-on team challenge where participants work together to create one large, interconnected domino chain reaction. Creativity, strategy, and problem-solving come together as teams build, connect, and adapt on the go. It's all about coordination, collaboration, and the thrill of the final knockdown!

2

Teams build and align their domino sections with others to ensure a seamless chain reaction. Creativity and problem solving are applied within shared constraints

3

Small errors highlight the impact of individual actions on collective results. Cross-team communication is essential to maintain flow and continuity

4

The final knockdown reinforces shared ownership and end-to-end execution.



## ACTIVITY 6: ONE COLOUR ONE TEAM

Alignment beats effort. Unity beats speed.

### COMPETENCIES ADDRESSED

As priorities we will be addressing competencies of Collaboration & teamwork, Communication clarity, Leadership & followership, Decision making under pressure, Influencing without authority, Alignment & execution focus and Situational awareness.

### MORE ABOUT THIS GAME:

- 1 A high-energy, interactive team activity that demonstrates how alignment, communication, and shared direction outperform individual effort.
- 2 Each participant receives one playing card, face down. On the facilitator's signal, everyone reveals their card by raising it above their head.
- 3 The group is challenged to ensure everyone holds a card of the same colour within 3 minutes. Cards may be exchanged, and communication and movement are allowed throughout the activity.
- 4 The objective is collective alignment, with everyone ending on the same colour. After a short reflection, the group is given a second attempt, applying improved coordination and alignment