Welcome to the World of

Teamwork & Teamplay
The Perfect Way to Build Unity, Community, Connection, Leadership and Teamwork
Through Active Learning

For more than 30 years, Dr. Jim Cain has shared his unique collection of challenges, games, stories, activities and ideas for bringing groups together. From the classroom to the boardroom, and from summer camps to college campuses, his activities have engaged generations of participants and built lasting and successful relationships.

The following articles are available as FREE PDF downloads from www.teamworkandteamplay.com

In Defense of Adventure-Based Education and Active Learning Opportunities just the ammunition you need to convince the decision makers in your organization.

Exploring the Stages of Group Formation explore forming, storming, norming, performing and transforming with your next team, in an active and engaging workshop.

Building Community with Music, Singing and Dance incorporate songs, music and dance in your next community building event.

Closing Activities and Songs here are some great ideas for concluding a program, camp or conference.

What’s Next? Author and Teambuilding expert Dr. Jim Cain shares his views on the future of teambuilding, experiential and active learning.

Horseshoe Golf the latest game in the Teamwork & Teamplay collection.

Raccoon Circle Activities the latest and greatest team activities are right here!

The Featherball 20+ pages ideas and activities for the Funderbird.

The Teamwork & Teamplay Adventure Calendar this year’s best photos & training programs from T&T.

Dr. Jim Cain is the author of five outstanding teambuilding texts, including: Teamwork & Teamplay, The Revised and Expanded Book of Raccoon Circles (which is now available in Japanese), Teambuilding Puzzles, A Teachable Moment, Essential Staff Training Activities and Character Cards. He is a former Executive Director of ACCT, a Senior Consultant to the Cornell University Teambuilding Program and the Director and creative force behind his active learning company, Teamwork & Teamplay. Dr. Cain frequently serves as a visiting professor, keynote speaker and staff development specialist on subjects ranging from experiential education using challenge and adventure-based activities, to youth development and leadership. Dr. Cain has presented teambuilding and active learning sessions in 47 states and 18 countries (so far) and has more teambuilding equipment and adventure-based books in his collection than most developing nations. If you would like to have Dr. Cain present a workshop, conference session or keynote address at your next staff training, in-service day, or special event, contact him at:

Jim Cain, Ph.D.  Teamwork & Teamplay
468 Salmon Creek Road  Brockport, NY  14420  Phone (585) 637-0328
Email: jimcain@teamworkandteamplay.com  Website: www.teamworkandteamplay.com


Teambuilding equipment from Teamwork & Teamplay is available from Training Wheels, Inc. at www.training-wheels.com or 1-888-553-0147.
Staff Training

Each year new staffs gather to begin the process of working together. For more than three decades, Dr. Jim Cain from Teamwork & Teamplay has been helping programs just like yours build unified staffs. Using a wide array of simple yet powerful activities, Dr. Cain can help bond your staff and teach them useful activities that they can use with their campers, students and program participants throughout the year. In addition to traditional teambuilding sessions, Jim is prepared to teach dozens of valuable program sessions including: recreational dancing, song leadership, games without props, hundreds of Raccoon Circle activities, boomerangs, disc golf, air powered rockets, processing and debriefing activities, rainy day games and activities, opening and closing activities and many other useful program ideas that will enable your staff to fill every minute of the day.

A day of Teamwork & Teamplay staff training typically begins with a large group session with all staff. Building unity, community and connection is essential. Afterwards, additional sessions with specific program areas, age group counselors, CIT’s and teambuilding staff are organized. Evening sessions are designed to teach additional programs, such as music, singing and dance.

Jim Cain, Ph.D.    Teamwork & Teamplay
468 Salmon Creek Road    Brockport, NY 14420    Phone (585) 637-0328
Email: jimcain@teamworkandteamplay.com    Website: www.teamworkandteamplay.com

The books Teamwork & Teamplay, A Teachable Moment, and The Book of Raccoon Circles are available from Kendall Hunt Publishers at www.kendallhunt.com or 1-800-228-0810.

Teambuilding equipment from Teamwork & Teamplay is available from Training Wheels, Inc. at www.training-wheels.com or 1-888-553-0147.

For a large format double-deck of character cards printed in full color (including character quotations) contact Creative Concepts at: www.GivaGeta.com or (860) 657-0770. With this deck of 58 cards, you can facilitate 12 different icebreakers, teambuilding challenges and character building activities, plus play all your favorite card games. Instructions are included.

You can also purchase these cards from Training Wheels, Inc. at 1-888-553-0147 or www.training-wheels.com.
Essential Staff Training Activities
A new book, by Jim Cain, Clare-Marie Hannon and Dave Knobbe
Available from Kendall/Hunt Publishers

Essential Staff Training Activities
With foreword by Michael Brefnelli
Jim Cain
Clare-Marie Hannon
Dave Knobbe

You expect your staff to think on their feet – so why not train them on their feet?

Here are dozens of valuable tips, activities, ideas and suggestions for making your next staff training program active, engaging, memorable, effective and fun!

If you don’t talk to your staff about character, who will?

Essential Staff Training Activities is a perfect resource for anyone that needs to effectively prepare and train their staff. These activities reinforce the basic components of your staff training with subject matter ranging from leadership and teamwork to character, decision making, creative problem solving, communication and trust.

No matter what type of staff training you plan to deliver, you can make it more engaging and effective by using the activities in this book.

Essential Staff Training Activities includes more than fifty outstanding activities that cover a wide-range of staff training topics, including: ice breakers, leadership, trust, creative problem solving, building consensus, character, adapting to change, communication, teamwork, setting goals, decision making, conflict resolution, navigating the stages of group development, engagement, unity, community and connection!
While a variety of knots can be used to tie flat webbing together, the water knot is one of the strongest and best. The “water knot” is so named because river rafting guides use such a knot with flat webbing, so that even when wet, the knot can easily be removed.

W.A.M.F. stands for Wrapped Around My Finger, and pretty much explains this entire activity. Begin with an unknotted segment of webbing. One person in the group begins wrapping the webbing around their index finger, and while doing so, provides the group with some information about themselves (where they were born, family members, school experiences, childhood pets, dreams, goals, favorite foods, etc.) The goal is for this person to continue talking until the webbing is completely wrapped around their finger.

Tossing the Pizza - This activity definitely fits into the “harder than it looks” category. Begin with a group of 5-8 participants holding onto a knotted Raccoon Circle, hands upward, elbows straight, with no slack in the circle. The challenge is for the group to toss this Raccoon Circle pizza into the air, at least to the height of their heads, and then for everyone in the group to catch the circle as it drops back down, without anyone moving their feet.

The Electric Box - Here is a great variation of the traditional spider web, or Window of Opportunity activity, and one that requires a bit more planning and strategy. The Electric Box is simply a raccoon circle opening through with the entire team must pass. The unusual feature of this Electric Box however, is that it starts as a vertical rectangle, and ends up as a horizontal rectangle. For each person passing through the Electric Box, the box changes shape.

The Missing Link - This consensus building and group problem solving activity is designed to assist groups in building life skills. The goal is for the group to decide if the two Raccoon Circles are linked or connected (like links of a chain), or unlinked, without touching them.

Believe It or Knot - With the entire group holding a Raccoon Circle (either seated or standing), the knot is used as a pointer to identify the person talking. Begin by passing the knot to the right around the group. Someone says “right there!” the knot stops, and the person nearest it has the opportunity to disclose some interesting fact about themselves, such as, “I have seen three movies this week!” It is now the discussion and responsibility of the rest of the participants to decide whether they believe that this information is true or false. After some discussion, the group gives their opinion of the validity or falseness of the disclosure, and the person providing the comment can tell the real story.

Inside Out - This is a great initial problem solving activity. Begin with a Raccoon Circle on the floor. Have the entire group step inside the circle. The task is now for the entire group to go from the inside of the circle to the outside, by going underneath the Raccoon Circle, without anyone in the group using their hands, arms or shoulders.

Not Knots - A “doodle” is constructed (see examples) and the group is given the choice of whether this doodle will create a KNOT or NOT A KNOT, when the ends of the webbing are pulled.

A, B, C … 1, 2, 3

Shape Up! Using a Raccoon Circle, with all member of the group holding on, form the following letters, numbers and shapes as quickly as possible.

Raccoon Circles have become the “world wide webbing.”

Jim Cain
**Autographs**

First, write your first name in the block to the right. Then find another person who **has done** (sign the top portion of the block) or **has not done** (sign the bottom portion of the block) any of the activities listed below. You can sign **up to two blocks** on anyone’s autograph page.

**Hello, my name is:**

Your first name here, in great big letters.

---

I have done this signature

**Example: Has gone water skiing**

I have not done this signature

---

**Has been to Mount Rushmore**

**Has an unusual hobby**

**Knows how to program their VCR or DVD player**

**Can speak a Foreign Language**

**Has ridden a camel or unicycle**

**Plays a musical instrument**

**Has many siblings**

**Knows someone famous**

**Had an unusual job**

**Collects something interesting**

**Has been on TV**

**Likes their dentist**

**Would bungee jump if the chance occurred**

**Has not flown on an airplane**

**Has performed on stage**

**Has been to summer camp**

---

© 2010 teamworkandteamplay.com
Modern Hieroglyphics
Words that say one thing, and mean another

You are to decode each of the cryptic messages below and write the true message below each clue.
For example, message L below decodes as “a little bit more.”

A. GESG

J. _______ it

S. S S S S S

B. Traveling
   CCCCCC

K. LOOK KOOL CROSSING


C. 2 UM + 2 UM

L. bit MORE

T. SOM

D. EILN PU

M. ME NT

U. OR OR ZERO

E. HIJKLMNO

N. E

V. WIRE
   Just

F. YOU/JUST/ME

O. ISSUES x 10

W. BAN ANA

G. RLD

P. THEHANGRE

X. SSSSSSSSSSC

H. Often, Often, Often,
   Not, Not

Q. nafish nafish

Y. SIGHT LOVE
   SIGHT

I. T I M E
   abdefgh

R. more more more
   more more more
   more more more
   more more more

Z. Wheather

www.teamworkandteamplay.com