



TEAM-BUILDING ACTIVITIES FOR STUDENTS

RESOURCE FOR TEACHERS & PARENTS



Includes:
9 Free Activities



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TABLE OF CONTENTS

Introduction

What Are Instant Challenges?	3
How Does It Work?	4
Processing Questions	5
Shopping List	6

Entry Level

● Energy For The Future	7
● Above And Below	8
● Blueprints	9

Entry/Advanced Level

● Ice Breaker	10
● Ping-Pong Placement	11
● Logo	12

Advanced Level

● Silent Dinner	13
● Above And Below	14
● Mood Changer	15

Legend

- Task-Based Challenge
- Performance-Based Challenge
- Combination Challenge

Introduction



What are Destination Imagination Instant Challenges?

21st century skills, including creative and critical thinking, communication and collaborative problem solving, are vital to students' success in school, careers, and beyond. Destination Imagination (DI) Instant Challenges are designed to teach students these very skills by challenging them to work in teams, think quickly, and use their creativity to produce solutions to our STEAM-based (science, technology, engineering, arts and mathematics) activities in a short period of time. Everyone participating in an Instant Challenge has fun and learns critical life skills as they navigate the creative process during each activity.

Instant Challenges are performance-based, task-based, or a combination of the two. They can be easily be incorporated into the classroom or used at home as fun and engaging learning activities.

Instant Challenges are a critical component of the Destination Imagination Challenge Experience. In the DI Challenge Experience, student teams spend 2-4 months solving a complex, yet open-ended, STEAM-based Challenge. Teams showcase their solutions at local and international competitions. At each tournament, teams are given an Instant Challenge, which is kept confidential through the day of the tournament. At the tournament, Instant Challenge is worth 25% of a team's overall score.

Learn More

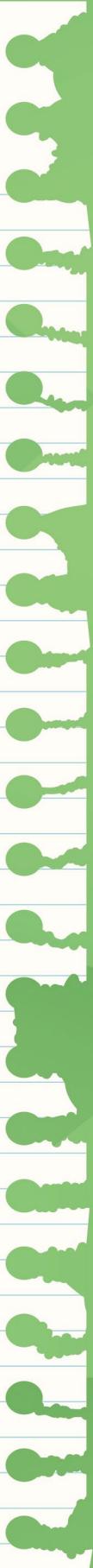
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How Does It Work?



A team, ideally no more than seven students, will work together on an Instant Challenge. The adult leader will first gather all the necessary materials, if any, and set up a space for the team to work. The adult leader will then read the Challenge to the team and give them a period of time to develop a solution, which may be spoken or acted-out or may require creating something from materials. Since Instant Challenges are intentionally designed to have multiple solutions, there is no right or wrong way to solve them. As the adult leader, you may choose to have groups do the same Challenge several times to show how alternate ideas can also work. You can also easily modify Instant Challenges to better meet the needs of your group or the materials you have.

For a group to be successful in solving an Instant Challenge, it is required that they work together. For some children, this concept can be difficult to master, but sustained practice over time can help them improve this skill dramatically. Teamwork should be emphasized during all stages of the Instant Challenge.

Destination Imagination Instant Challenges help children understand that by working collaboratively and following their innate curiosity, they can approach any problem with confidence and tenacity. Have fun as you take this journey through the creative process.

Introduction

Processing Questions



After facilitating an Instant Challenge with the group, it is important that the participants discuss their experience. The adult leader's job is to facilitate the discussion as necessary, without telling the team what to do. By processing each Instant Challenge, the team will begin to self-assess and become better at understanding their strengths and working on their weaknesses. Real learning takes place during processing, so do not skip this important part. Below are some examples for the teams, as well as the adult leader.

For the Teams:

- What was fun about this Challenge?
- Would you change anything you did?
- What new things did you learn?
- How well did your team work together?
- How did each person contribute differently to the solution?
- Can you think of a way to improve your solution?
- How well do you feel your team communicated?
- Was there one person leading or were there multiple leaders?
- What was the most difficult requirement of the Challenge? Why?
- How is this Instant Challenge different from others?
- Did you need all the provided materials?
- What other kinds of materials could you have substituted for the ones you used?
- How has your teamwork changed since your first Instant Challenge?
- Have you defined team roles? If so, do you find them to be helpful?
- What were the strengths and weaknesses of your solution?
- Do you see similarities in the way you have been manipulating the same material in different Instant Challenges?

For the Facilitators:

- What was enjoyable about the Challenge for the group? Why?
- Were the participants engaged with each other and the Challenge?
- Could anything be changed to make this Challenge better for the group?

SHOPPING LIST

Below is a full list of items needed to complete all of the Instant Challenges in this e-book. While many Instant Challenges require the use of specific materials, most of them are everyday or inexpensive materials that can be purchased on a small budget. You may modify the materials to better meet your needs.

Disposable Items

- | | | |
|--|---|--|
| <input type="checkbox"/> 8 Pieces of Paper | <input type="checkbox"/> 1 Large Piece of Paper | <input type="checkbox"/> 1 Rubber Glove |
| <input type="checkbox"/> 13 Pipe Cleaners | <input type="checkbox"/> 13 Straws | <input type="checkbox"/> 1 Piece of Foil |
| <input type="checkbox"/> 5 Paper Plates | <input type="checkbox"/> 6 Craft Sticks | <input type="checkbox"/> 2 Sheets of Newspaper |
| <input type="checkbox"/> 6 Rubber Bands | <input type="checkbox"/> 11 Mailing Labels | <input type="checkbox"/> 4 Feathers |
| <input type="checkbox"/> 7 Paper Cups | <input type="checkbox"/> 3 Cardboard Tubes | |
| <input type="checkbox"/> 1 Index Card | <input type="checkbox"/> 24in of String | |

Reusable Items

- | | |
|---|---|
| <input type="checkbox"/> 1 Yardstick (meterstick) | <input type="checkbox"/> 10 Washers |
| <input type="checkbox"/> 4 Pencils | <input type="checkbox"/> 15 Ping-Pong Balls |
| <input type="checkbox"/> 4 Blue Markers | <input type="checkbox"/> 1 Pair of Chopsticks |
| <input type="checkbox"/> 3 Marbles | <input type="checkbox"/> 2 Rubber Balls |

ENERGY FOR THE FUTURE

Challenge

Your team is to present a performance in which you incorporate 2 new energy sources.

Time



You will have up to 5 minutes to develop your new energy sources and to plan and practice your performance. You will then have up to 2 minutes to present your performance.

Procedure

Part One (5 minutes)



- List your 2 new energy sources on a sheet of paper.
- Use Part One to plan and practice your performance.
- Hand the sheet of paper to the adult leader at the end of Part One.

Part Two (2 minutes)

- Present your performance.

Materials



Your team will be given a piece of paper and 2 pencils to use as you plan and present your performance.

Scoring



- A. 10 points if you show 2 new energy sources in your performance.
- B. 20 points (40 points maximum) for the creativity of each of the new energy sources.
- C. Up to 30 points for the creativity of your performance.
- D. Up to 20 points for how well your team works together.



Entry Level TASK

ABOVE AND BELOW



Challenge

Your task is to build a freestanding structure that reaches as far above and as far below the top of the table as possible. For the purpose of this Challenge, "freestanding" means that the structure may not be attached to anything.



Time

You will have up to 5 minutes to build your structure.



Procedure

In the center of the room is a table with materials. The adult leader will tape a 12in x 12in (30cm x 30cm) area on one edge of the table.

- Build a free-standing structure that reaches as far above and as far below the top of the table as possible.
- The structure may only touch the table within the taped area.
- You will be warned when you have one minute remaining. When time ends, an adult leader will measure your structure. No team member may be touching the structure as it is being measured.



Materials

- 1 Pipe Cleaner
- 2 Mailing Labels
- 1 Paper Plate
- 2 Straws
- 6in (15cm) Piece of String
- 2 Rubber Bands
- 3 Paper Cups
- 1 Index Card

The mailing labels may not be attached to the table.



Scoring

- A. 10 points if you build a structure that extends at least 6in (15cm) above and 6in (15cm) below the table.
- B. 2 points (50 points maximum) for each inch (2.5cm) of the smaller of the 2 measurements of your structure. This could be the height of the structure above the top of the table or the length of the structure below the top of the table.
- C. Up to 20 points for the creativity of your structure.
- D. Up to 20 points for how well your team works together.

BLUEPRINTS



Challenge

Your task is to draw blueprints for a machine that will make an ice cream sundae, and then to present a performance in which you show the adult leader how your machine would work. For the purpose of this Challenge, "blueprints" are detailed plans drawn in blue.



Time

You will have up to 5 minutes to draw your blueprints, as well as to plan and practice your performance, and then up to 2 minutes to present your performance to the adult leader.



Procedure

Part One (5 minutes)

- Draw blueprints on the large piece of paper for a machine that will make an ice cream sundae. You should also use Part One to plan and practice your performance.

Part Two (2 minutes)

- Present your performance, in which you show how your machine would work, to the adult leader.



Materials

- | | |
|--------------------------|----------------|
| • 1 Large Piece of Paper | • Blue Markers |
|--------------------------|----------------|

The markers may not be used in your performance. In addition, your team will be given a piece of paper and a pencil to use as you plan and present your performance.



Scoring

- A. 10 points if you use your blueprints in your performance.
- B. Up to 20 points for the creativity of your machine.
- C. Up to 20 points for the creativity of your blueprints.
- D. Up to 30 points for the creativity of your performance.
- E. Up to 20 points for how well your team works together.



LOGO



Challenge

Your task is to create a logo that represents your team, and then present a performance in which you show your logo to the adult leader. For the purpose of this Challenge, a "logo" is a symbol.



Time

You will have up to 5 minutes to create your logo and to plan and practice your performance, and then up to 2 minutes to present your performance.



The Scene

Part One (5 minutes)

- Use the materials to create a logo that represents your team. You should also use Part One to plan and practice your performance.

Part Two (2 minutes)

- Present your performance to the adult leader. Be sure to explain what the logo you have created is and why this logo represents your team.



Materials

- | | |
|------------------|--------------------|
| • 6 Straws | • 5 Mailing Labels |
| • 1 Paper Cup | • 1 Pipe Cleaner |
| • 6 Craft Sticks | • 2 Rubber Bands |

Your team also will be given a piece of paper and a pencil to use as you plan and present your performance.



Scoring

- A. 10 points if you include in your performance the logo you have created.
- B. 10 points if you include why this logo represents your team in your performance.
- C. Up to 20 points for the creativity of the logo.
- D. Up to 20 points for the creativity of why this logo represents your team.
- E. Up to 20 points for the creativity of the performance.
- F. Up to 20 points for how well your team works together.

ICE BREAKER

Challenge



Your team is to present a performance in which you name and present an ice breaker. For the purpose of this Challenge, an "ice breaker" is a team activity that helps a team get to know each other.

Time



You will have up to 4 minutes to create and name an ice breaker, and to plan and practice your performance. You will then have up to 2 minutes to present your performance.

Procedure



Pretend you are a new team in which members don't know each other well.

Part One (4 minutes)

- Your team should create an ice breaker to get to know each other and think of a name for it. In your performance, be sure to include the name of the ice breaker and show how it would work.

Part Two (2 minutes)

- Present your performance to the adult leader.

Materials



Your team will have a sheet of paper and pencil to use as you plan and present your performance.

Scoring



- A. 10 points if you include the name of the ice breaker in your performance.
- B. Up to 40 points for the creativity of the ice breaker.
- C. Up to 30 points for the creativity of your performance.
- D. Up to 20 points for how well your team works together.



Entry/Advanced

TASK

PING-PONG PLACEMENT



Challenge

Your task is to move Ping-Pong balls into containers.



Time

You will have up to 6 minutes to move Ping-Pong balls into containers.



Procedure (4 minutes)

There is a bucket on the floor filled with 15 Ping-Pong balls. There are 3 bowls lined up in the middle of the table. Using the materials, transport at least 1 Ping-Pong ball into each bowl. No part of a team member's body may cross the edge of the table at any time. Team members may not touch the Ping-Pong balls at any time.



Materials

- 3 Cardboard Tubes
- 2 Pieces of Paper
- 3 Straws
- 2 Mailing Labels
- 15 Ping-Pong Balls
- 12in (30cm) of String

The Ping-Pong balls may not be damaged and may not have the mailing labels attached to them.



Scoring

- A. 10 points if there is at least 1 Ping-Pong ball in one bowl at the end of the Challenge.
- B. 10 points (30 points maximum) for each bowl that has a Ping-Pong ball in it at the end of the Challenge.
- C. 2 points (30 points maximum) for each Ping-Pong ball successfully placed in the bowls at the end of the Challenge.
- D. Up to 10 points for how creatively you use the materials.
- E. Up to 20 points for how well your team works together.



SILENT DINNER



Challenge

Your team is to present a performance in which a surprise guest threatens to break up a silent dinner party.



Time

You will have up to 4 minutes to plan and practice your performance, and then up to 2 minutes to present your performance.



Procedure

You are having a fancy dinner party. Because the neighbors next door are trying to sleep, this is a "silent" dinner party, so no one is speaking. However, during the party, an unexpected guest comes who breaks the silence. You need to figure out a creative, non-violent way of quieting this person down. However, in doing so, you cannot talk! The unexpected guest may speak.

Part One (4 minutes)

- Plan your performance.
- You may use a table and chairs in your performance.
- Write down how you will quiet the unexpected guest on a sheet of paper and hand it to the adult leader at the end of Part One.

Part Two (2 minutes)

- Present your performance to the adult leader.



Materials

Your team will be given a piece of paper and a pencil to use as you plan and present your performance.



Scoring

- A. 10 points if you silence the unexpected guest during your performance.
- B. Up to 20 points for the creativity of the unexpected guest.
- C. Up to 20 points for how creatively you silence the unexpected guest.
- D. Up to 30 points for the creativity of the performance.
- E. Up to 20 points for how well your team works together.



Advanced TASK

ABOVE AND BELOW



Challenge

Your task is to build a freestanding structure that reaches as far above and as far below the top of the table as possible. Your structure will also need to hold 10 washers.



Time

You will have up to 5 minutes to build your structure and up to 1 minute to add weight.



Procedure

In the center of the room is a table with materials and 10 washers. The adult leader will tape a 12in x 12in (30cm x 30cm) area on one edge of the table.

Part One (5 minutes)

- Build a structure that reaches as far above and as far below the top of the table as possible. The structure may only touch the table within the taped area.
- When time ends, if your structure is finished, the adult leader will measure your structure. No team member may touch the structure as it is being measured.

Part Two (1 minute)

- Add weights to your structure 1 at a time. Each weight must be at least 6in (15cm) above or below the top of the table.
- When your structure is complete, tell the adult leader. Time will stop for measurement and you will then be given any remaining time to add weights.



Materials

- | | | |
|--------------------|------------------------|---------------|
| • 1 Pipe Cleaner | • 6in (15cm) of String | • 10 Washers |
| • 2 Mailing Labels | • 2 Rubber Bands | • 1 Yardstick |
| • 2 Paper Plates | • 3 Paper Cups | (meterstick) |
| • 2 Straws | • 3 Marbles | |

The mailing labels may not be attached to the table or the marbles.



Scoring

- 10 points if you build a structure that extends at least 6in (15cm) above and 6in (15cm) below the table at the end of Part One.
- 1 point (30 points maximum) for each inch (2.5cm) of the smaller of the 2 measurements of your structure. This could be the height of the structure above the top of the table or the length of the structure below the top of the table.
- 2 points (20 points maximum) for each weight held by your structure for at least 3 seconds in Part Two.
- Up to 20 points for the creativity of your structure.
- Up to 20 points for how well your team works together.

MOOD CHANGER

Challenge



Your task is to create 3 props that each could be used to change a character's mood and to present a performance in which your props change the moods of 3 characters.

Time



You will have up to 4 minutes to plan and practice your performance, and then up to 2 minutes to present your performance.

Procedure

Part One (4 minutes)

- Create a story about 3 props that have the power to change the moods of 3 characters. Use the materials on the table to build your props. You may use Part One to plan and practice your performance.

Part Two (2 minutes)

- Present your performance to the adult leader.

Materials



- | | |
|--------------------|-------------------------|
| • 10 Pipe Cleaners | • 2 Sheets of Newspaper |
| • 1 Rubber Glove | • 4 Feathers |
| • 2 Rubber Balls | • 2 Paper Plates |
| • 1 Piece of Foil | • 1 Pair of Chopsticks |

Your team will be given a piece of paper and a pencil to use as you plan and present your performance.

Scoring

- 10 points (30 points maximum) for the creativity of each of the props.
- 10 points (30 points maximum) for how creatively each of the props changes the characters' moods.
- 20 points for the creativity of the performance.
- 20 points for how well your team works together.

