

GLP – Packing list for the Zombie Apocalypse

Time: 30 minutes total

- Brief GLP (5 minutes)
- Execution (15 minutes)
- Decision Briefing to the Flight Commander (5 minutes)
- Debrief GLP (5 minutes)

Protocols:

- **In-Person:** The whole group must be MOVING during the execution period while remaining distanced from other groups. Only the Flight Leader is allowed to remain stationary and walking in place does not count. Move outside of the main location if necessary. (*e.g. walking in a circle, going up and down stairs, etc - don't give them these examples*).
 - If anyone stops moving, except the leader, the Flight Commander has the discretion to penalize with WK (must answer correctly) or planning freeze for 30 sec.
- **Hybrid:** In-person cadets will follow the in-person protocol. Virtual cadets will conduct their own GLP and follow the virtual protocol if there are enough of them to do so. Otherwise, they will be integrated with the in-person group and follow the virtual protocol.
 - NOTE: Integration requires a laptop and a breakout room per group.
- **Virtual:** They will conduct GLP while sitting normally.

Brief GLP Step:

- Choose a Flight Leader
 - Provide time breakdowns
 - Instruct which protocol they will follow (in-person, hybrid, virtual)
-

Background: The Flight Leader must make a decision and brief his/her decision to the Flight Commander by justifying the reasons why after the execution time is up or earlier if a decision is made.

Facts: A Zombie Apocalypse has broken out while you were away from your base. You and your flight can only carry 6 (six) items from the below list to prepare for a five-mile hike to safety. What 6 items do you take?

- A machete
- A hacksaw
- A first-aid kit
- A gallon of drinking water
- 20 energy bars
- 50 feet of rope

- A litter (stretcher)
- A flashlight
- A crowbar
- A hatchet
- 3 Signal flares
- 4 rolls of toilet paper
- A compass and a map (of the local area) (counts as one item)
- A rucksack (large backpack)

Issue: What 6 items should be taken?

Final Decision: The Flight Leader must brief his/her decision to the Flight Commander and justify reasons why.

Answer: (explain in debrief)

While this is a theoretical exercise designed to test the Flight Leader's decision-making ability, a list of six items that can be justified would meet this GLP's intent.

Also, the Cadets might recall Maslow's hierarchy of needs, with the two lowest (most important) levels being the terms "physiological" (surviving) and "safety", before other considerations.

https://en.wikipedia.org/wiki/Maslow's_hierarchy_of_needs

Maslow, A.H. (1943). "A theory of human motivation". *Psychological Review*. 50 (4): 370–96

GLP - Human Knot

Time: 10-30 Minutes

Description:

The Human Knot is one of the most popular team-building activities. This challenge involves team members forming a circle, grabbing random teammates' hands, and untangling themselves without breaking their hold. No matter how many times you perform the challenge, the task is equally tricky.

GLP Steps:

- Choose a Flight Leader
- Give instruction on how to form the human knot
- Optional: Add new rules to the challenge (Ex: all cadets cannot speak with the exception of the commander, certain cadets can no longer speak or see, etc. Make it a challenge but not impossible.)

Instruction:

After the leader is selected, have the flight form a large circle with everyone facing in. Each cadet will now reach out to the middle of the circle with their left arm and grab a hand from someone across from them. Do not allow them to grab hands with a cadet to their immediate sides. Have the cadets do the same thing but with their right arm and ensure they are not holding on to the same person.

Instruct the leader to have the cadets try to untangle the jumble without releasing their hands. To do so, they may duck, twist and turn, squeeze through gaps in legs and elbows, or step over one another. The result should be the team returning into an open circle with their hands still together.

Safety:

Ensure no one is stretching too wide or may hurt themselves/others. Do not do this GLP if a cadet is uncomfortable with touching!

GLP completion:

If successful or not, have the group discuss their problem-solving approaches and communication styles, and ask them what they have learned and what they could do better next time.

Source:

<https://teambuilding.com/blog/human-knot#:~:text=The%20Human%20Knot%20is%20one,the%20task%20is%20equally%20tricky>

GLP- Birthdays

Time: 10-20 mins

- Brief GLP (5 minutes)
- Execution (10 minutes)
- Debrief GLP (5 minutes)

Description:

The birthday team-building exercise fosters great communication and interpretation among the group. The cadets will work together to find out each other's birthdays without speaking. This activity practices problem-solving and patience.

Instruction:

Choose a flight leader and have the rest of the team stand side-by-side. Have the leader find the order of each birthday including themselves (month and day). The team must complete the entire task without talking to each other.

Note: If cadets speak or cheat throughout the activity, add a 30 second penalty

GLP Steps:

- Choose a Flight Leader
- Give instruction
- Optional: You challenge the cadets by not allowing them to pull out IDs, write out their birthdays, etc.(make it challenging but possible.)

GLP completion:

If successful or not, have the group discuss their problem-solving approaches and communication styles, and ask them what they have learned and what they could do better next time.

Source:

<https://blog.vantagecircle.com/team-building-activities-for-work/#:~:text=Birthday%20Line%20Up,-OBJECTIVE%3A%20This%20simple&text=HOW%20TO%20PLAY%3A%20Pair%20participants,without%20talking%20to%20each%20other.>

GLP - Paper Airplanes

Time: 10-15 Minutes

Description:

The paper airplane group activity focuses on the leader's control of their flight. They will be tested on how well they can instruct the flight while they are not able to speak or see. This allows them to practice their description of orders and how they will instruct the flight to do so.

GLP Steps:

- Choose a Flight Leader
- Give instruction
- Optional: Add new rules, make it a challenge but not impossible.

Instruction:

The team must individually create paper airplanes at the instruction of the leader. Only the leader is allowed to talk and see.

Note

Penalties are given to cadets who open their eyes or speak (30 seconds). They are allowed to make other noises such as hitting the table or coughing but do not tell them!

GLP completion:

If successful or not, have the group discuss their problem-solving approaches and communication styles, and ask them what they have learned and what they could do better next time.