

Initiatives

Thursday evening of Rally on the Mountain (ROM) 2018 started off with some initiatives/games for Encounter Groups to complete.

These are just some games to allow the youth in each group to get to know each other a little better. Here are some challenges groups did at ROM 2018 and the instructions:



- **Bus Stop** – Take 2 ropes (pool noodles also work) and lay them down flat parallel to each other. This is going to serve as the “bus.” The group leader stands at the front of the bus and is the “driver.” The driver will pretend to drive the bus for a few seconds then say, “Bus stop!” and turn to face their group. They will then ask a “this or that” question and point to either side of the bus (Ex. Chocolate or vanilla, day or night, dogs or cats) and group members then decided which side of the bus they want to choose. Once everyone has chosen, have the team discuss why they chose their option. The driver says, “Back on the bus!” and you repeat this as many times as you wish.

- **Tennis Ball Race** – Create a distance between 2 ropes or pool noodles. At one end, place a pile of 5-7 tennis balls with a receptacle of some kind at the other end. Team members have to work together to figure out a way to place all the tennis balls in the bucket without using their arms or hands. The team to put all the tennis balls in their bucket first, wins.
- **Hula Hoop Crawl Through** – Have each team hold hands and stand in a circle with a hula hoop resting on a pair of people’s hands. Each team member needs to “crawl through” the hula hoop without breaking hands. Once the hoop makes it back to where it started, the team is finished.

- **Helium Hula Hoop** – Have each team stand in a circle with both pointer fingers extended pointing forward. Place the hula hoop on top of everybody's fingers and make sure all fingers are level. As a team, they need to lower the hula hoop to the ground using only their fingers.



- **Back to Back Stand-Up** – Have group members partner with somebody within the group (if you have an odd number of group members, have the group leader pair with somebody.) Each pair needs to sit on the ground, back to back, and link arms. Each pair should attempt to stand up while keeping their arms linked and remaining back to back. Once pairs successfully complete this challenge, have them pair with another set of people and attempt the same thing as a group of 4.

Some other examples of team-building experiences from ROM 2018 are an escape room, climbing a rock wall, and a photo scavenger hunt. There are many ways to make sure youth are connecting with and sharing experiences with other youth. Remember, shared experiences build relationships!