



Name: _____ #: _____

Teambuilding with Your Peers & Family Hot Chocolate River

Estimated Time: 30 – 40 minutes

Age range: All grades

What you need: an open space without furniture (ex: living room) or an outside space, two long ropes or another way of marking the edges of the river, pillows or carpet squares to be used as “marshmallows”, at least 3 participants

Background Information:

Hot Chocolate River is a team-building activity that encourages collaboration and communication amongst your peers!

See the instructions on the following page to get started.

Instructions:

1. Lay two ropes on the ground parallel to each other about 20ft apart. You've created a river! Imagine that this river is full of steaming hot chocolate.
2. Hand out two pillows or carpet squares to each person participating. Imagine that these pillows are fluffy marshmallows!
3. The objective of this activity is for the whole team to cross the river that you've created between the two ropes without anyone falling into or touching the river! The only way that you can get across the river is by using the marshmallows (pillows or carpet squares).
4. Once a marshmallow has been placed in the river it cannot be moved from that position. Marshmallows start to soak up hot chocolate and become really heavy, so sliding the marshmallows isn't allowed!
5. The chocolate river is moving very fast, so someone must be holding down the marshmallow at all times or it will be swept down the river. This means that someone's hand or foot must be on a marshmallow at all times. If a marshmallow is swept away, there is then 1 less tool for making it across the river.
6. If anyone touches the river, or falls in, the whole team must start over from the beginning!



This activity can be made more difficult by challenging your team to use the least amount of "marshmallows" to cross the river, while still following the rules and guidelines provided.

Now that you've given it a try, let's talk about our experiences!



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Hot Chocolate River Debrief

Use these prompts to discuss your progress as a team. Feel free to write down your answers!

Consider the following questions:

What was a challenge that you personally overcame during this activity? How did you overcome this challenge?

Do you think you could have completed this challenge on your own? In what ways did you rely on your teammates?

What was one thing that you noticed another team member do to help the team during this activity? Share with that person what you noticed them do.

What are some other teams that you've been a part of in your life? How do you support your teammates in real life?
