

Team Building with Your Peers & Family

Tarp Flip

Estimated Time: 30 minutes

Age range: All grades

What you need: a tarp or blanket, two or more participants

Background:

Tarp Flip is an activity that requires all of the participants to work together as a team to get from standing on one side of a tarp to the other without touching the ground. This is done by flipping the tarp so that the side touching the ground and the side being stood upon are reversed!

Challenge by Choice

This challenge requires you to be physically close to each other. This may be comfortable for you, or you may find it challenging. This activity is *“challenge by choice”*, which means that *you* are in charge of communicating what *you* are comfortable with (this is your **“comfort zone”**), stretched by (this is your **“stretch zone”**), and what makes you panic (this is your **“panic zone”**). Growth happens in the *stretch zone*.

Everyone has different comfort, stretch, and panic zones. Something you find comfortable may be something that makes someone else panic. It is important to respect *everyone's* boundaries.



Follow the instructions on the next page to get started.

New Words or Adult Tips

Set guidelines surrounding what type of carrying and movement is allowed before beginning to help keep students safe. Allowing jumping or piggyback rides can lead to falling and injuries, so be sure to set expectations about what is and is not okay.

Consider the terrain you are doing this activity on. This activity works best on a lawn or flat surface.

Remove any tripping hazards before laying down your tarp/blanket.

“Challenge by Choice” means that *you* are in charge of communicating what *you* are comfortable with and pushing *yourself* to a place where you are appropriately challenged.

Things you are comfortable with are in your **comfort zone**.

Things you are safely challenged by, or “stretched by”, are in your **stretch zone**.

Things that make you panic or challenge you to an unsafe way are in your **panic zone**.

Tarp Flip Activity

Instructions:

1. Start with the tarp/blanket outstretched on the ground.



2. Have everyone in the group stand on top of the tarp/blanket.



3. **GOAL:** To have the whole group standing on the other side of the tarp/blanket so that the other side is face up (completely outstretched), without allowing their feet, hands, or body parts to touch the ground.



4. If anyone falls off of the tarp, you must start over.



5. Done? Fold the tarp/blanket in half to start and use the same amount of people, try to get on the other side that is still folded (this can be continued on an even smaller surface if the tarp/blanket is large). Don't forget to celebrate your team's victories!

Done so soon?! Start with the tarp/blanket folded in half and, using the same amount of people, try to get onto the other side of the folded surface (without unfolding it). This can be continued on an even smaller surface if the tarp/blanket is large!



Now it's time to reflect on our experiences!



Name: _____ #: _____

Tarp Flip Debrief

Now that you have completed the challenge as a team, take some time to reflect individually on what happened.

Consider the following questions:

Did you have a role in coming to a solution? What was it?

Were there any ideas you had that you did not get the chance to share? What were they?

What was something that challenged you?

Was this activity in your *comfort zone*, *stretch zone*, or *panic zone*? Why?



Name: _____ #: _____

Keeping these thoughts in mind, talk as a team. Here are some questions to talk about together. Feel free to record your team's responses:

What happened when you first started trying to flip the tarp over?

Did anyone take the lead in finding a solution? How?

Did everyone agree on the best way to approach this challenge? Why or why not?

Did anyone have any ideas they did not get to share? What were they?

If you completed this challenge again, what would you change? What would you do the same?

What did you do "on the tarp" that would be helpful in working together "off the tarp" or in your daily life?
