



CATERPILLAR RACE

Purpose & Focus

This activity focuses on working together as a team.

Participants

Teams of 4 or more participants.

Time Allotment

15 - 30 Minutes

Activity Level

High

Materials

- Hoola Hoops
- Beanbags or other small objects
- Blindfolds (optional)

Preparations

- A large open space is required
- The facilitator must distribute beanbags (or other objects) haphazardly around the area.

Method

- Each team is a caterpillar.
- Each team stands in a line with each participant standing in a hoop (the hoops should be touching).
- The goal of the activity is to collect as many objects off the ground by having your caterpillar move forward.
- To move forward, the last participant in line steps into the participant of front of their hoop, picks up their empty hoop, and passes it to the front.
- The front participant then places the hoop on the ground and steps into it. Every participant then shifts forward and the caterpillar has moved.
- Only the front participant may pick up objects, but it is the team's job to carry collected objects throughout the activity.
- The activity ends when there are no more objects on the ground.

Variations

- Add a time constraint.
- Have all the participants on a team blindfolded except for the last participant of that team. That participant must guide their team throughout the activity.

Discussion

- What system did you set up to have your caterpillar move efficiently?
- What were some obstacles you faced as a team in this activity? How did you overcome those obstacles?