



Team Builders

Using your noodle!

- Individual
- Pairs
- Small group
- Whole group

Uses: Builds skills of sharing and co-operation. It provides lots of fun and aids problem solving and teamwork.

Resources: A variety of swimming noodles. One Midaroni for each participant at least.

Time: 30 minutes.

What to do:

The noodles you will be using are foam noodles often seen as floatation devices in swimming pools. The foam noodles come in various sizes according to thickness and you can use any style that you can find and adapt them to the games.

Noodles can be used as the basis for problem solving, team-building and creative thinking. The games are intended to promote the skills of working together in different groups; sharing; co-operation and having as much fun as possible.

Having bought your noodles you need to cut them to the required lengths: Many of the games use a noodle called a MAXARONI which is then cut in half to form a MIDARONI.

As with the Raccoon circles, noodles can be used for many different purposes such as team building; problem solving; reviewing learning and more. Here are a couple of our favourite activities, but don't be limited by these as there are many, many more.

Circle drop: For about five-twenty people. You need a Midaroni for each person.

The main objective is to perform the various activities while maintaining the balance of the noodle, ultimately exchanging places with another player whilst trying not to drop the noodle as you do so.

Each person takes a Midaroni and stands in a circle, leaving a little space between players. Place one end of the noodle on the floor and hold the noodle vertically by the other end. To develop co-ordination try out as many of the moves below as you have time for:

- Let go of noodle, clap hands and catch noodle again.
- Let go, clap twice and catch noodle again.
- Let go, turn around and catch the noodle again.
- Let go, move to the right, one person, and catch their noodle.
- Let go, move to the left, one person, and catch their noodle.
- Let go, move to the right, two people, and catch the noodle.
- Create your own variations.

Noodle walk: For about six – fifteen players. One Midaroni per person

The main objective is for the team of players to travel from point A to B without losing any noodles; each player being separated by the length of a noodle.

Choose one person to be the leader for the task. Everyone except the leader picks up a Midaroni. The leader's role is to get the team from one side of the room to the other. Each player holds their Midaroni on their stomach, nesting on the lower back of the player in front. Once in place, the players cannot touch the noodles. The leader is able to give verbal instructions to keep the noodles from falling. Communication is vital to complete the task; make sure everyone has a turn at being leader if they want.

Increase the challenge by increasing the length of the walk or by going backwards (if it is safe to do so).

Reference material:

You might find the following books useful resources:

1. **50 Ways to use your Noodle**
2. **50 More ways to use your Noodle**

Both are by Chris Cavert and Sam Sikes.

