

# CHALLENGE CARDS

## 5. Stepping Stones

### EQUIPMENT

One base for each group member and one extra base.

### STARTING POSITION

Team members stand on one base each, leaving an unoccupied base at the end of the line.

### OUR CHALLENGE

The task is completed when the team is standing in the reverse order to its starting position

*Example*

*Starting position:* 1 2 3 4 5 6 7 8

*Ending position:* 8 7 6 5 4 3 2 1

### RULES

- Only one person may touch a base at a time
- A person may move in either direction to a neighbouring base
- One can only go into a new base if it is empty
- The bases may not be moved
- If anyone touches the floor, the group must start over
- If more than one person touches a base, the group must start over.

## 6. The Rock

### EQUIPMENT

Several mats.

One tyre or box ("The Rock").

### STARTING POSITION

Group members stand next to the tyre or box.

### OUR CHALLENGE

The task is completed when all group members are balanced on the rock (off the floor) for a slow count of one to five.

### RULES

- All group members must be off the floor.
- Group members do not have to be touching the rock.

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