

New Member Educator Materials Community Building



**Greek Life and
Student Societies**



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Sample Exercises

The Human Knot Exercise

Equipment Needed: N/A

Activity: Members are put into groups of 7-9 people. Each team forms a circle standing shoulder to shoulder. If the group cannot touch the center of the circle the group is too large. First, have each member put their left hand in and hold hands with someone not an immediate neighbor. Then, have each member put their right hand in and grab a different persons hand, not their immediate neighbor. Teammates are instructed to untangle without letting go of their hands. Once no hands remain in the middle the exercise is complete. If multiple teams, the first to complete wins.

Qwirkle

Equipment Needed: Qwirkle set or hand drawn sets of tiles (shapes and colors)

Activity: The facilitator lets the group know that there are x amount of tiles in the bunch. The facilitator takes 2 tiles and puts them in their pocket. The facilitator informs the group that their goal is to figure out which two tiles are missing from their set. Each participant can take 1-3 tiles (depending on group size). Participants are not allowed to show their tile(s) to anyone else. Facilitator can describe if needed (for ex. colorblindness). Through sharing information and process of elimination, participants should guess which tiles the facilitator has. They are only allowed one guess. After one guess the facilitator reveals the tiles they have. The activity should be followed by a brief discussion on the group communication style and strategies.

Lost at Sea

Equipment Needed: List (pencil and paper)

Activity: Members are put into groups of no more than 10. Participants are told that they are on a sinking ship. They are boarding a motorized life raft and can only take a few items. For the first round they can only save 10 items. They must all agree on the 10 items before they can move on. The second round is 5 items, and the final round is 3. The items are: A 25 L container of water, a case of army rations, a map of the ocean they are in, a small radio, mosquito netting, a tarp, a small radio, shark repellent, a full bottle of liquor, 2 boxes of chocolate bars, a lighter, a fishing kit, a flare, a rowing oar, and 10L of oil/petrol.



Sample Exercises

The Marshmallow Challenge

Equipment Needed: Marshmallows, sticks/uncooked spaghetti, and tape

Activity: Members are put into groups. Members are given 5 marshmallows, 20 sticks, and a roll of tape. The team has 10 minutes to create the tallest standing structure. The team with the tallest structure wins.

Modern Membership

Equipment Needed: Paper and pencil/pen

Activity: Members are put into groups. They are given 5 minutes to list attributes for what they think one of their founding members would be like if they joined today. Each group will be given one minute to present their founding member after the 5 minutes. Discussion questions for after the activity should center on how the values remained the same and how things they were interested in changed, or not (ex. major, sports, etc.).

Pipeline

Equipment Needed: Pool noodles cut in $\frac{1}{2}$ long ways and a marble

Activity: Depending on size, members should be broken up into two or more groups. The goal is to move a marble from start to finish using only the tubes - no touching the ball with hands. Only one ball at a time and it must stay moving. If it falls, they start over. Add obstacles (turns, distances, etc.) for a challenge. The group who gets the ball to the end quickest wins.

Cup Stack Challenge

Equipment Needed: 6 plastic cups, 1 rubber band, and 6-7 strings with one end tied to the rubber band

Activity: Members are put into groups of 6 or 7. Each student holds a string; they work together to stretch the band and lift/move the cups into a pyramid (3-2-1). Members are not allowed to touch the cups.



Additional Resources



Collis Center for Student Involvement
student.involvement@dartmouth.edu
603.646.3399



Team Building Activities
<http://bit.ly/4miLNMK>



Dartmouth Outdoor Programs
outdoor.programs@dartmouth.edu
603.646.2428



Holmes Murphy
<http://bit.ly/3HuVQim>



Dartmouth Center for Career Design
careerdesign@dartmouth.edu
603.646.2215



STOP Hazing
<https://stophazing.org/resources/>



Dartmouth Center for Social Impact
center.for.social.impact@dartmouth.edu
603.646.3350



Hazing Prevention Network
<https://hazingpreventionnetwork.org/educational-resources/>



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