



Our Elements: A Brief Synopsis



Giant's Thumb – the group has to lift the ring up and over (or to the set height) the giant's thumb.



Incomplete Bridge - Group has to get from Platform A to Platform B using 2 boards.



Jr Wall (8 ft) – group members are instructed in proper lifting and spotting techniques, then they carefully lift group members up and over the wall.



Telephone Pole Shuffle – group members have to arrange themselves (in the order that the facilitator announces) without touching the ground.



Squeeze Box – group members enter the squeeze box using spotting and lifting techniques.



The Wall (12 ft) – group members are instructed in proper lifting and spotting techniques, then they carefully lift group members up and over the wall.



Wobbly Woozy – pairs start at the vertex of V-shaped cables and slowly move toward the outer ends while grasping hands and leaning on each other.



Tennis Ball Transfer – each group member holds a string (connected to a ring) and transports a tennis ball to the post.

Floating Islands -Group gets from Point A to Point B with 9 “Stepping Stones” – they cannot step off the stones or they will float away.

Zig Zag - There are five platforms to touch. Group has three/four boards of different lengths they need to use in order to get everyone past each platform.

Whale Watch – this element can be done a couple different ways. Group members are paired up and put at opposite ends of the whale watch. They have to switch places without the platform touching the ground. Or the whole group is on the whale watch and has to balance together for 10 seconds.

Electric Fence – the group has to pass through the electric fence without touching.

Spider Web - the group has to pass through the Spider's Web without touching.



Adventure Walk (Low ropes) – Group members may have to go through each of the six elements without touching the ground. Or as a whole group, they may have to complete some of the elements blindfolded or with a partner.