

Keep your students active and engaged with our A-Z brain-breaks to get creative juices flowing or just to burn off a little steam.

We've compiled a list of some of our favourite exercises that require little to no equipment to get started and are a great way to get students collaborating and thinking as a team.

All Aboard

All aboard is easy to run an effective team based challenge, where the group have to fit inside a defined space (using either a rope or a tarpaulin). Once the group has achieved this, the size of the area decreases, becoming smaller and smaller over time.

Birthday Line-up

Participants line up in a straight line side-by-side. They are then asked to get in order by their birthdays (month and day), however they are not allowed to talk!

You can also get them to get in order by height, shoe size, favourite colour or any other unique characteristics!

Cane Tower

The team are lost in a bamboo forest, the only way of survival is by catching the attention of the people in the local village. To get their attention, the teams must build two free-standing paper structures, each 6m high. This can be a 10-minute activity, using anything around the room. If you have more time, we suggest using marshmallows and spaghetti. Messy but fun!

Drawing Board

Working in pairs, one person must describe a shape without naming it, whilst their partner draws the shape they are describing as close to the original shape as possible. This activity focuses heavily on verbal communication and listening skills.

Electric Fence

The aim of this challenge is for the entire team to cross from one side of the fence to the other without touching the fence line. They will need to think of ways to get over or even under the fence. The entire team needs to get to the other side. If you are in a classroom, it's fun to challenge the class to all get across to you as a team.

Fly in the Glass

This is a quick initiative exercise using lateral thinking. Before you begin, use the sticks to create the shape of a wine glass with a fly placed inside it. Introduce the challenge and explain that they must recreate the wine glass without the fly in it. To complete the challenge, they are only allowed to move just two sticks.

Giant Chopsticks

Scrunch up a piece of paper and throw it on the ground. Ask a student to come and put it into the bin using only 2x broom handles provided (or something else that could resemble giant chopsticks). The class can watch one person and have a giggle together. You can encourage the class to provide suggestions or include a second person to help.

Human Knot

Starting in a circle, students connect hands with two other people in the group to form the human knot. As a team they must then try to unravel the “human knot” by untangling themselves without breaking the chain of hands.

Infinite Loop

Using a 1m length of string, tie a loop at each end large enough for any student to get their hand through with extra space. Make another one in the same way. Student 1 puts one hand through each loop. With the second string, cross it over the middle of the student's string and have a second student put their hands through their two loops. The students are now connected. Ask the students to disconnect whilst keeping the loops around their wrist! You might even like to keep the answer a secret and bring this one out all week, asking students to rise to the challenge.

Jungle Jumble

The group stand in an inward facing circle and are asked to throw juggling balls amongst the group in a specific order. As the activity develops, more juggling balls are introduced and the pressure to work well as a group increases!

Knot Hard at All

In this fun team challenge, groups are required to work together to complete a simple task such as pouring everyone a glass of water.

The problem is, that they are tied together by their wrists. Problem solving, teamwork and communication are essential for this challenge.

Lava Flow

Place an assortment of objects to act as stepping stones across two points in the room.

Participants cannot touch the lava, and therefore must use platforms provided to cross to safety.

Missile Launch

The group has to construct two missile launchers that can launch a missile at a target 10 metres away.

After 30 minutes, the teams are allowed two practice shots (using golf balls) after which they can review their designs, before they make their final shot with an egg.

No Hands Allowed

The team race against the clock to retrieve and move as many tennis balls from one bucket to another, without using their hands or arms.

One Finger Float

Teams are given a 'magic stick' which they must all touch and lower to the ground, using just their index fingers. All participants must remain in contact with it at all times – what seems like a simple task, can become incredibly frustrating and funny for all involved.

Photo Finish

The aim of the challenge is for the whole group to step across the line at exactly the same time. If one person is out of sync, then they must start over again. This activity involves planning, communication, timing and resilience.

Quick Draw

A hilarious drawing activity. Form small groups of no more than 6. Each person is given a piece of paper and has 20 seconds to draw a simple picture and pass it to the person on their right. Each member will look at the drawing they received, then fold the paper in half and write down what they think the picture is of, passing it again to the right. Each person reads the description and attempts to draw it, continuing until their original drawing comes back to them.

Radioactive Isotopes

The objective of the challenge is for each group or 2-4 to retrieve a bucket containing 'radioactive isotopes' (which in reality are ping pong balls or similar sized balls) and tip the contents into a second bucket in a defined safety zone. The twist is nobody is allowed to use their hands, arms or mouths! They must work together to somehow manouvre the bucket using their other body parts.

Square Off



Have the group sit together in a circle and either wear a blindfold (or tightly close their eyes!) Place a long rope in everyone's hands until they are all holding onto it. The challenge is for the group to form a square with the rope - once they think they have made a square they can remove their blindfolds and see how accurate they were.

Toxic Waste



A container marked Toxic Waste is put in the middle of an exclusion zone. Using a limited range of equipment the team have to lift the container and place it in a 'safe' zone. Some equipment we suggest using are ropes, brooms, clothes hangers or even paper clips. The challenge can be adjusted by making the container lighter or heavier.

Ummm



In small groups each person takes a turn talking about a chosen topic without pausing, if they say 'Um' or can't think of a word the next person in the group takes over. Use a stopwatch or timer to see who can talk for the longest!

Vertical Stand



Students are put into pairs and must sit on the floor back-to-back, with their arms linked. The challenge is to stand up together while remaining linked. Successful pairs can join with another and attempt it with four.

Water Carriers

The aim of this challenge is for the team to try and retrieve 10 cups full of water from around the room and place them on a tray without spilling any. Each person is only allowed to use just one hand and one leg to complete the task.

X Marks the Spot

Students will first work together in small groups to draw a map of the classroom (or a larger area of the yard if accessible). They must then hide an object in a particular spot and mark it with an 'X' on their map. Groups then swap maps and must find each others hidden object.

You Can Dance

A fun game to get out some energy. Play some music and encourage everyone to dance. Stop the music at random intervals and shout 'Freeze!' Those who didn't freeze in time sit down until only a single dancer remains.

Zip Zap Zop!

Students stand in a large circle. A player is selected and must start the game by saying "Zip!" while clapping their hands and pointing at another player. That player then claps while saying "Zap!" and pointing to someone else, who must then say "Zop!" continuing the chain to another person. The pattern repeats 'Zip! Zap! Zop!' until someone makes a mistake. "Boing!" can also be added for an extra challenge which bounces the chain back to the previous person.