

GIC – GROUP INTERACTION COURSE

Group Interaction Course: Goals and Objectives –

- To increase the participants level of self-confidence
- To build community and group cohesiveness
- To promote trust in a group
- To encourage creative problem solving in a group
- To encourage effective communication in a group
- To have fun in the out-of-doors setting

ELEMENT	GOAL/TASK
Trolley	The group walks a prescribed course with their right feet on one of the boards and their left feet on the other. Participants hold on to rope and must work together to navigate course.
Energy Circle	Each participant stands on a stump that is next to another person. Only using the stumps, on which someone is standing, the group moves in a circle. The group tries to make it around the circle without anyone touching the ground. The group may do this while holding hands, without holding hands, without talking, and with some members closing their eyes
The Wall	The group must get everyone up and over the wall. Each member may assist by lifting at the bottom twice and hoisting from the top twice.
All Aboard	Entire group is to get on a platform without anyone touching the ground for 30 seconds.
People Pass	Half the group starts at one end of the beam, while the other half begins on the other end. Each group must go across the beam to the opposite side without touching the ground. The two groups pass each other. This can also be done without talking.
Single Traverse	Individual participant walks across cable using rope to keep balance until they reach the tree.
Wild Woosey	Two participants walk diverging cables, while leaning on each other. Participants work together to see how far they can extend themselves to a point where they can no longer continue or they reach the trees. Participants must trust his/her partner by leaning into the other, holding one another up.
The Amazon	Everyone in the group must get on the platform. Without anyone or anything touching the ground, the group must reach a bucket and return it to the platform using the pieces of equipment (plank, rope, 4x4 post, and pole)