

Aladdin's Rug

Activities to Get Groups Moving

ICEBREAKERS AND TEAM BUILDERS TO BUILD COMMUNITY

OBJECTIVES

- To practice teamwork
- To engage in creative problem solving

MATERIALS

- One double or full-size bed sheet or a plastic tablecloth
- Timer

SETUP

- None

INSTRUCTIONS

1. **Lay a sheet** flat on the floor or ground and explain that **you have found Aladdin's magic rug.**
2. Ask everyone to **stand on the sheet.**
3. Ask participants to **imagine they are soaring** on the rug, far into the sunset.
4. With an air of drama, inform participants that **the wicked genie has cast an evil spell on the rug** and **they must figure out how to flip over the rug without falling off the carpet** or they will crash!
5. Explain that to be successful, **no one can touch the ground** in this activity.
6. Have participants **begin** with a few trials, timing each one.
7. When participants fall off, **note the time** and then **start the time over.**

CONTINUED



Aladdin's Rug continued

DEBRIEF

- Who had the ideas to overcome the challenge?
- Who was the leader of the group?
- How many different solutions might there be?