

# Water Cup Race

Activities to Get Groups Moving

ICEBREAKERS AND TEAM BUILDERS TO BUILD COMMUNITY

## OBJECTIVES

- To practice creative problem solving
- To build teamwork skills

## MATERIALS

- Paper cups, one for each participant
- Large safety pin
- Five empty plastic buckets
- Five water-filled plastic buckets


## SETUP

*This activity should be done in a wide open field.*

- Mark a “starting” and “finish” line twenty feet apart from each other.
- Place five water-filled buckets at the starting line.
- Place five empty buckets at the finish line.
- Poke a few holes in the bottom and middle of each cup. Make sure to poke them in the same place on each cup so nobody has an advantage.

## INSTRUCTIONS

1. Take participants outside and **show them the starting and finishing lines**.
2. Divide participants into **five teams**.
3. Have each team **line up at one of the buckets** on the starting line.
4. **Give** each participant **a cup**.
5. Explain that **the goal of this activity is for each team to fill their bucket at the finish line with the most water in five minutes**.
6. They must **use their cups to fill water from the starting line** and **empty** the water into the bucket at the **finish line**.
7. Give each team **two minutes** to build a strategy (e.g., some teams will have each participant fill their cup and run to the bucket, while others will make an assembly line, etc.).

CONTINUED 

## Water Cup Race continued

8. When two minutes are up, **yell, “Go!”** Let the races **begin**.
9. The team with the **fullest bucket** when “**time**” is called is the **winner**.

## DEBRIEF

- **What strategies** did your team use?
- **How did your team encourage/discourage** each other?
- **What would you do differently** next time?