



# Palma Beach Resort & Spa

## **HULA HOOP CHALLENGE**

**Teams need to form a line holding hands they have to pass the hoop through they body from person to person without leaving they hands till the end . The team that does it faster wins**



## MONKEY RACE

**Relay team race where participants have to cuddle a soft ball and grip one in between their knees then jump like a monkey to complete the race in shortest duration**



## SKI RELAY

**It's a team challenge to work together with 4 to 6 players on wooden skis across a distance . The team that manages to work together to make the skis move the fastest will win the race**



## PIPE LINE CHALLENGE

**The aim is to deliver balls  
from point A to point B  
without touching the ball  
with the help of pipes**



## **WHEEL BARROW CHALLENGE**

**It is a competitive game in which teams of two players race with one playing the role of the driver and the other playing the role of a wheel barrow . The driver holds onto the other person ankles while the other player walks with his hand s**



## **3 LEGGED RACE**

**Back to school in pairs of  
two your legs tied together  
run as fast as you can to beat  
the other team**



## **X – TEND YOUR LIMIT**

**The aim is to make the  
longest line by using the  
members within your team  
the line must be connected**



## SACK RACE

**Is a competitive game in which participants place both their legs inside a sack and jump forward from starting point towards finish**



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## **HUMAN TRAIN RACE**

**In teams the first member runs forward to a line on the way back they run back ward as they reach their team the second person joins on they both run forward and then back ward to collect the next person**



## **FILL THE BOTTLE**

**The players use a sponge to transfer the water from the bucket filled with water to the empty bottle the teams that transfer the most water will be the winners**



## **EXTREME BALLON TOSS**

**Players in this game will work together participants will pass the water filled balloons to his / her team mate over a distance without breaking it . If participants break their balloon they will be out of the game and players left with the unbroken balloon will win**



# **TOWER BUILDING**

**Build a tower with a given  
number of balloons pair of  
scissors and tape it as to  
stand by itself and it should  
be the tallest**



## **MINE FIELD**

**Divide the group into pairs.  
One partner will be  
blindfolded while the other  
will focus on guiding their  
teammate from beginning to  
end through this dicey course  
without setting off any  
mines. Use water bottles,  
boxes, markers, chairs, etc.  
to create an obstacle course  
of “mines” within your clear  
space**



## CROSSING THE RIVER

**Each of the people in the team must cross from one bank of the river other to the other side with the help of wooden logs with out falling of the logs**



## **CATTIPILLAR BULL DOZER**

**Is a team building game that  
requires all participating  
players to work together in  
order to win the opposing  
team**



## **TUG OF WAR**

**Its two teams against each other in a test of strength: teams pull on opposite ends of a rope , with the goal being to bring the rope a certain distance in one direction against the force of the opposing team's pull.**



## Duck walk

**Relay team race where participants have to wear the diving flipper and walk not run to complete the race**



## EGYPTION MUMMY

**Players have to wrap the body of the person who is nominated by the team with tissue paper around him / her so that they look like a Egyptian mummy**



**THANK YOU**

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