



PATTAYA

The Menu Team Building 2024



TURN IT UP

This activity is compulsory and must be performed prior to the core team building activities. The Rock Agent team will help you decide an appropriate activity depending on number of participants, age etc. We will warm you up and get you ready for more fun.

Types of Team Building.

- Communication team building.

Land ski, Trap challenge, Triangle, Trust the leader.

- Teamwork & Bonding team building

Ping pong around the world, Twister, Multiway Tug of war, Sit down volleyball

- Problem solving and Values team building.

The bridge, Tetris game, Alarm zone, Cross the river, Tube ball, The Maze.

- Retreats and Brain storm team building.

Boat Box, Egg drop project. Paper tower, Caterpillar walk, Ground boat race, Flying balloon, Spider Web, Wanake, All is one.

- Pool activities / Build up relation.

Water Polo, Water basketball, Water Volleyball, Water Korf ball, Water fill up, Banana boat race, Banana Tug of war, Stand up paddle, Surf race, Net of Belief, Walk on the water.

Teambuilding for communication

Land ski



Trap challenge



Trust the leader



Triangle





LAND SKI

Participants are formed into groups of 5. Each group is given a land ski. Then the team has to line up on it and tasks can be assigned. The race can relay so that other members in the group will participate. The fastest team will be the winner of the race.

Objectives

- To strengthen the unity of the team.
- To practice planning skills
- To strengthen teamwork under one direction.

Remarks:

- Indoor or outdoor
- Minimum 4 pax.
- Maximum 40 pax.
- Medium movement



TARP CHALLENGE

Through communications by all team members and move it to the goal.

Objectives

- To strengthen cooperation in the team.
- To encourage team communications.
- To practice planning skills.

Remarks:

- Indoor or outdoor
- Minimum 4 pax.
- Maximum 40 pax.
- Light movement



Triangle

Team members have to move the triangle to the finish spot with the limited of time.

Objectives.

- To strengthen cooperation in the team.
- To strengthen teamwork.

Remarks:

- Outdoor
- Minimum 10 pax.
- Maximum 30 pax.
- Heavy movement



Trust the leader.

A team member will be blindfolded and have to find an object with the direction from other team members.

Objective

- To encourage communications in the team, both from the leader and other team members.

Remarks:

- Indoor or outdoor
- Minimum 4 pax.
- Maximum 40 pax.
- Light movement

Team building for teamwork & Bonding

Danza Dance



Ping pong



Twister



Multiway Tug of war



Sit down volleyball





Danza Dance

Carry yourself with the team, Cheer up & training own team members to be successful in the objective Little movement with the rhythm of music. All about Cheer up team and show the spirit to training team member for achievement.

Objectives

To build team communications.

To strengthen cooperation in the team.

To create team spirit

Remarks:

- Indoor or outdoor
- Minimum 4 pax.
- Maximum 40 pax.
- Medium movement



PING PONG AROUND THE WORLD

All team members stand in line behind each other / around the table. The first person hits the ball (only one time) and send the racket to a team member who will hit the ball. (only one time). Same rules goes to the following members in the team. Those who fail to hit the ball will be eliminated. The team that has more members left will be the winner.

Objectives

- To strengthen the unity of the team.
- To have participation from all members in the team.

Remarks:

- Indoor or outdoor
- Minimum 4 pax.
- Maximum 20 pax.
- Medium movement



TWISTER GAME

The participants have to find and touch the spot as directed by the Rock Agent.

Objectives

- To practice planning skills.
- To maximize problem solving skills.

Remarks:

- Indoor or outdoor
- Minimum 4 pax.
- Maximum 40 pax.
- Light movement



MULTI-WAY TUG OF LOVE

In multi-way tug-of-war is a tactical activity with some strength needed. The teams attempt to pull the center ring or knot to an assigned point or the finish line. Each team has to pull against each other. The activity requires communications and tactics to win.

Objectives

- To strengthen the unity of the team.
- To practice strategic planning.
- To encourage team communications.

Remarks:

- Indoor or outdoor
- Minimum 4 pax.
- Maximum 40 pax.
- Heavy movement



Sit down Volleyball

The participants are separate into 2 teams to play volleyball with the special rules.

Objectives

To strengthen the unity of the team.

To strengthen self- control & adjustment to new changes and rules.

Remarks:

- Outdoor
- Minimum 10 pax.
- Maximum 20 pax.
- Medium movement

Problem solving / Value teambuilding

Tube ball



The bridge



The Maze



Tetris game



Cross the river





THE BRIDGE

The team member help each other create a bridge with the items given and walk over the bridge at the same time without touching the ground.

The challenge is to make the best out of the few items given.

Objectives

- To maximize creativity and strategic planning of a team.
- To encourage the team members to listen to others' opinion.

Remarks:

- Indoor or Outdoor
- Minimum 4 pax.
- Maximum 40 pax.
- Medium movement



TETRIS GAME

The team members have to put the colored to pole as per the direction given from the Rock Agent.

Objectives

- To strengthen cooperation in the team.
- To practice planning skills.

Remarks:

- Indoor or Outdoor
- Minimum 6 pax.
- Maximum 40 pax.
- Heavy movement



Cross the river

All team members have to stand on the mat given and to move to the finish line without touching the ground. If anyone in the team touches the ground, the team has to go back to the starting point. The team that gets its team members across to the finished line will be the winning team.

Objectives

- To practice delivering information accurately.
- To build team communications.
- To practice planning skills.

Remarks:

- Indoor or Outdoor
- Minimum 4 pax.
- Maximum 80 pax.
- Medium movement



TUBE BALLS

The team members have to connect the given tubes and control the balls to the box at the end within the time given. The team will earn the score if the balls go into the box. The team with the most balls in the box will be the winner.

Objectives

- To strengthen the unity of the team.
- To have participation from all members in the team.
- To strengthen teamwork.

Remarks:

- Indoor or Outdoor
- Minimum 4 pax.
- Maximum 60 pax.
- Light movement



The Maze

There is a maze with one correct hidden path. The goal for the team is for all team members to go through the maze correctly within 20 minutes, i.e., the team crosses the maze from one end to the opposite end.

Objectives

- To learn from the mistake.
- To practice delivering information accurately.
- To practice planning skills.

Remarks:

- Indoor or Outdoor
- Minimum 4 pax.
- Maximum 40 pax.
- Medium movement

Teambuilding retreats / Brain storm

Boat Box



Paper tower



Egg drop project



Flying balloon



Ground boat race



Star strap



Spider Web



Wanake



All is one





Boat Box

Participants are formed into groups and given materials such as cardboard, sticks, glue and paper to build a boat. The boat must be big enough for 1 person to sit on. Each group send their representative to sit on the boat and race against other groups. The winning team will be the one who can finish the line first without sinking with the best design.

Objectives

- To strengthen cooperation in the team.
- To maximize creativity and strategic planning of a team.
- To encourage the team members to listen to others' opinion.

Remarks:

- Outdoor
- Minimum 4 pax.
- Maximum 60 pax.
- Medium movement



Egg drop projective

Paper, cello tape and an egg are given to each team in order to build the tallest, free standing structure that can support the weight of the egg which is to be placed on the top within the time given.

Objectives

- To strengthen cooperation in the team
- To maximize creativity and strategic planning of a team
- To encourage the team members to listen to others' opinion

Remarks:

- Outdoor
- Minimum 4 pax.
- Maximum 100 pax.
- Light movement



Paper tower

Paper, cello tape and an egg are given to each team in order to build the tallest, free standing structure that can support the weight of the egg which is to be placed on the top within the time given.

Objectives

- To build the planning skills.
- To encourage the team members to listen to others' opinion.

Remarks:

- Indoor or Outdoor
- Minimum 4 pax.
- Maximum 100 pax.
- Light movement



CATERPILAR WALK

Team members have to stand in line, touch the shoulders of the person in front and walk in the same direction with many challenges to overcome without losing touch of each other.

Objectives

- To strengthen the unity of the team.
- To strengthen teamwork.

Remarks:

- Indoor or Outdoor
- Minimum 4 pax.
- Maximum 100 pax.
- Medium movement



Ground boat race

The team members have to use the equipment provided to plan and make a ground boat, the boat will then be used competitively to race against the other team by relay per time.

Objectives

- To practice delivering information accurately.
- To strengthen cooperation in the team.

Remarks:

- Indoor or Outdoor
- Minimum 4 pax.
- Maximum 60 pax.
- Heavy movement



FLYING THE BALLOON

The team members have to use towels to transport balloons filled with water to the other end on of the line. Points will be given for every balloon that successfully makes into the basket.

Objectives

- To practice planning skills.
- To build teamwork.
- To have participation from all members in the team.

Remarks:

- Outdoor
- Minimum 4 pax.
- Maximum 80 pax.
- Medium movement



Spider Web

Team members have to pick up the balls from the ground as many as possible by using on the plastic rope. A variation of the task could to be to collect an assigned colors instead of all balls.

Objectives

- To have participation from all members in the team.
- To strengthen cooperation in the team.
- To encourage team communications.

Remarks:

- Indoor or Outdoor
- Minimum 4 pax.
- Maximum 80 pax.
- Medium movement



WANAKE GAME

The mission is to put the ring into the target within the assigned area with the help of everyone in the team.

Objectives.

- To strengthen the unity of the team.
- To practice planning skills.
- To build trust amongst the members in order to achieve goal.

Remarks:

- Indoor or Outdoor
- Minimum 6 pax.
- Maximum 100 pax.
- Heavy movement



ALL IS ONE

All team members have to get one person in the team to go through the tied rope or any other obstacles. Participation of every team member is an obligation.

Objectives.

- To strengthen cooperation in the team.
- To encourage team communications.

Remarks:

- Outdoor
- Minimum 8 pax.
- Maximum 40 pax.
- Heavy movement



Star strap

A team member have to wear a belt with ropes that all team members will hold and help control the balance while walking on a string. With communications amongst the team members, it will help the assigned person to walk on the robe to the finish point.

Objectives

- To strengthen the unity of the team.
- To encourage team communications.
- To strengthen teamwork.

Remarks:

- Outdoor
- Minimum 8 pax.
- Maximum 30 pax.
- Heavy movement

Pool activities / Build up relation.

Water basketball



Water Volleyball



Water Korfball



Banana boat race



Walk on the water



Kayak race



Stand up paddle





WATER POLO

The participants are grouped into 2 teams. The game has the same rule as football only the participants have use hands instead feet. A tournament is set up for challenge of both teams.

Objectives

- To strengthen the unity of the team
- To have participation from all members in the team
- To create team spirit
- To provide support to each other
- To understand and accept each team members' skills

Remarks:

- Pool
- Minimum 8 pax.
- Maximum 30 pax.
- Heavy movement



WATER BASKETBALL

The participants are grouped into 2 team to play basketball in the water. A tournament is set up for challenge of both teams.

Objectives.

- To strengthen the unity of the team.
- To have participation from all members in the team.
- To create team spirit.
- To provide support to each other.
- To understand and accept each team members' skills.

Remarks:

- Pool
- Minimum 8 pax.
- Maximum 30 pax.
- Heavy movement



WATER VOLLEYBALL

The participants are grouped into 2 teams to play volleyball in the water. A tournament is set up for challenge of both teams.

Objectives.

- To strengthen the unity of the team.
- To have participation from all members in the team.
- To create team spirit.
- To provide support to each other.

Remarks:

- Pool
- Minimum 8 pax.
- Maximum 30 pax.
- Heavy movement



Water Korfball.

The participants are grouped into 2 teams.

The game developing from basketball & chairball in swimming pool.

A tournament is set up for challenge of both teams.

Objectives.

To strengthen the unity of the team.

To have participation from all members in the team.

To create team spirit.

Remarks:

- Pool
- Minimum 8 pax.
- Maximum 30 pax.
- Heavy movement



WATER FILLS UP

The goal of this activity is to fill the tube with water. The obstacle of the task is that the tube has big and small holes. Together with the team, participants have to help each other to top up the tube.

Objectives.

- To practice delivering information accurately.
- To encourage communications in the team.
- To practice planning skills.
- To strengthen cooperation in the team.

Remarks:

- Outdoor
- Minimum 8 pax.
- Maximum 40 pax.
- Heavy movement



BANANA BOAT RACE

Each team is comprised of 5-7 people. The aim is to get across the pool as quick as possible beating the other team.

Objectives.

- To strengthen the unity of the team.
- To strengthen cooperation in team.
- To have participation from all members in the team.

Remarks:

- Pool
- Minimum 5 pax.
- Maximum 10 pax.
- Heavy movement



BANANA BOAT TUG OF WAR

Each team sends one member to compete at a time. One has to try to push the opponent out of the line (it has the same rule as Sumo Competition)

The game can also alter to racing against each other to reach the finish line.

Objectives

- To strengthen the unity of the team
- To strengthen cooperation in team
- To have participation from all members in the team
- To encourage support amongst the team members

Remarks:

- Pool
- Minimum 5 pax.
- Maximum 10 pax.
- Heavy movement



Kayak Race

2 teams race kayak against each other. The winner of each round will get a point.

Objectives

- To strengthen the unity of the team.
- To have participation from all members in the team.
- To create team spirit.

Remarks:

- Pool
- Minimum 4 pax.
- Maximum 20 pax.
- Heavy movement



Sup stand paddle.

The participants are group into 2 teams. Each sends a person to race against each other using surfboard. The winner of each round get a point. After all members in the team has a go, the team with the highest score wins. The game can also be played by 6 members each round.

Objectives

To strengthen the unity of the team.

To have participation from all members in the team.

To create team spirit.

Remarks:

- Pool
- Minimum 4 pax.
- Maximum 20 pax.
- Heavy movement



SURFBOARD RACE

The participants are grouped into 2 teams. Each sends a person to race against each other using surfboard. The winner of each round get a point. After all members in the team has a go, the team with the highest score wins. The game can also be played by 6 members each round.

Objectives.

- To strengthen the unity of the team.
- To have participation from all members in the team.
- To create team spirit.

Remarks:

- Pool
- Minimum 4 pax.
- Maximum 8 pax.
- Heavy movement



Walk on the water.

The participants are grouped into teams. Each member has to walk on the boards on the water. The further one can go on the board, the more points one earns. The team with the highest total points accumulated from all members wins.

Objectives

- To gain the new experience and excitement amongst the team.
- To provide encouragement and support to the team members.

Remarks:

- Pool
- Minimum 4 pax.
- Maximum 20 pax.
- Heavy movement



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