*by [Team Builders Plus - USA](http://www.team-building-bonanza.com/team-builders-plus.html)*

**TEAM BUILDING ACTIVITY: CUPS UP**

**Summary:** To work together to accomplish a given task as a team utilizing communication, collaboration skills, and team building skills.

**Group size**:18+ participants (groups of 6)

**Supplies**for each group:

* 10 plastic cups of equal size (no handles)
* One rubber band (must fit around the cup)
* 6 pieces of string (each measuring approx. 3 feet long)

**Prep Instructions - prior to session:**

1. Cut 6 pieces of string, into 3-foot long pieces for each group.
2. Tie each piece of string to a rubber band (evenly spaced apart) - you will have a six-legged octopus.
3. Make one of these octopuses for every six people/group.

**In session set-up:**

* Give each group a stack of 10 cups and one of the 6-legged octopuses.
* Place the cups on the table, scattered and upside down.

**Instructions for Groups:**

1. Build a pyramid out of the cups with four on the bottom, three on the next level, then two, and one at the top.
2. Team members may not touch the cups with their hands, or any other part of their bodies (even if a cup falls on the floor).
3. Each person must hold onto one of the strings that is attached to the rubber band.
4. The group can only use this rubber band octopus to pick up the cups and place them on top of each other (by pulling and releasing the strings on the rubber band to place around the cup).
5. If there are less than six people on a team, select a team member to hold more than one string.

**Facilitator Notes:**As teams complete the task, you can pair groups up to form a larger pyramid using the cups from both teams and two of the rubber band octopuses. This becomes more challenging as two teams are attempting to maneuver in the same area, but still working together.

**Discussion questions:**

* Did you have someone who stepped up as the leader or, was someone elected?
* How did you complete the task given?
* Where all ideas heard by all team members? If not, why? How did it make you feel?
* Why was teamwork so important for this activity?
* What skills did you use to make this activity successful?

Thank you to Team Builders Plus for allowing us to include this in our free team building exercise collection. You can learn more about the services provided by [Team Builders Plus](http://www.team-building-bonanza.com/team-builders-plus.html) in our team building directory.