

# Activity Box



Toolbox of activities to promote communication, leadership skills and trust.

The Activity Box is available to liven up your seminar or workshop and support learning content. It includes skipping ropes, a fiberglass pole, a tarp, blindfolds, and pictures for creative tasks that you can implement as a team to loosen up in between, at the beginning, or at the end of your day. Each tool is adaptable to different groups and themes. The activities suggested in the guide promote communication, teamwork, strategy, leadership, confidence, and the ability to handle pressure situations.

## Topic / Methaphor:

- Activation / Ice breaker
- Leadership
- Communication
- Strategic planning

## Group Size:

- up to 10 pers.
- 10-20
- 20-40

## Duration:

one hour

## Season:

- All-season
- Indoor
- Outdoor