Stump Jumping

Objective: To teach team building & cooperation skills.

Equipment: Enough circular objects (approximately 10” to 14” diameter) for each member of the group to stand on. These could be wooden disks, log sections, 5 gallon bucket lids, paper plates, carpet, etc. (or 8½ x 11 sheets of paper).

Set-Up: Place the “stumps” in a perfect circle approximately 6” to 8” apart, one per participant. Place one participant on each “stump”.

Directions: You are to move from stump to stump without falling or stepping off until you get back to your home stump. Set a time record and try to break it with succeeding attempts.

Rules: Step or fall off and you start over.

Safety: No carrying participants.
Use non-slippery stump or non-slippery surface (floor).

Variations: No two people can be touching the same stump at the same time (must jump with both feet).
Go opposite directions.
Hop on one foot; alternate feet.

Process Questions:

How did you communicate?
Who coordinated?
Was timing a problem?
Did you give each other physical support? How?
What made this activity difficult?
Is there a different technique anyone would like to try?