



TEAM BUILDING ACTIVITIES

"Explained"

HELLO, WELCOME TO OUR PAGE OF EXPLAINED TEAM BUILDING ACTIVITIES

Giba Gorge Team Building

Giba Gorge Team Building accommodates everyone and offers a powerful way to bond, build trust, and strengthen teamwork. Whether you are a school group, corporate company, church, or staff development team, our outdoor programs are designed to bring people together in a fun, structured, and meaningful way.

Through exciting challenges and guided activities, we help teams improve communication, leadership, and unity all in a beautiful natural environment.

At Giba Gorge, we don't just host activities... we build teams.

Archery



Shoot at a target using arrow and bow
3 shot per person and only 2 counts

Note # Limited to 60 per group

#2 Participants at time (Not for big group)

Blow the Ball



Teams must move a beer pong ball from
one cup to the next by blowing it across
cups filled with water.

#5 Participants same time good for big group)

Ball bridge



Moving 3 ball (1 at a time) as a team
from one side to the
other using pipes as hands

#6 Participants same time good for big group)

Blind Retriever



One person is blindfolded, and two mates guide them using verbal directions only. The blindfolded person must listen carefully, find the hidden item, and bring it back to the starting point.

#3 participants (whisper, louder, blindfolded)

Cup Stack



Teams must stack cups into a tower using only an elastic band and strings – no hands allowed. elastic bands

#5 participants per team (Good for big Groups)

Egg drop



Teams compete in a relay race while balancing an egg on a spoon without dropping it.

The whole team #Relay

Sack Race



Participants step into a sack and hold it at waist level. On the signal, they hop toward the finish line without stepping out of the sack.

The whole team #Relay

Tic - Tac - Toe



Teams compete by racing to place their marker (X and O) on tic tac toe grid. One player runs at a time to place a marker, then returns so the next teammate can go.

#5 Participants per team #Relay

T-shirt Challenge



T-shirt challenge where participants pass the shirt over themselves without letting go of hands, forming a continuous chain until it goes to the last person and back to the first.

The whole team #Relay

Pipe Line



Work together as a team to transport a ball (ping pong ball) from start to finish using pipes or tubes, without dropping it.

#5 to 6 participants per team

Water bridge



Teams create a bridge (gutter, or pipe) to move water from one bucket to another. The goal is to keep adding water until a ping pong ball in the target bucket falls out.

#6 participants per team

Helium stick



As a team, lower the stick to the ground using only your index fingers without losing contact or letting it rise.

#4 participants per team

Puzzle



Teams work together to complete a puzzle as fast as possible.

#3 Participants per team

Pen rope game



Teams use strings tied to an elastic band or ring to hold a pen

#4 Participants per team

We go round



The first person runs a short distance, spins around 10 times with you forehead on the stick and walk straight back without falling

The whole team #Relay

Hula hoops



In Pass the Hula Hoop, team members stand in a circle holding hands and must pass the hula hoop around the circle without letting go of each other's hands.

The whole team do it

Tug of war



In tug of war, two teams hold opposite ends of a rope and work together to pull the other team across a marked line, using strength, coordination, and teamwork to win.

The whole team do it

Land mine



Teams work together to guide a blindfolded teammate safely through a "minefield" without touching any obstacles.

Limited to 30 per group

#2 participants (Director, blindfolded)

Pyramid challenge



In the Pyramid Challenge, teams work together to stack and arrange cups into a pyramid shape as quickly as possible, using coordination, communication, and teamwork to complete the structure without it collapsing.

The whole team #Relay

Scavenger Hunt



Teams receive a list of items to find around the park; you have 5 minutes to locate them all and take photos as proof the team with the most items wins.

The whole team do it

Pass the ball



In Under and Over, team members stand in a straight line and pass a ball alternately under their legs and over their heads down the line to the last person, working together quickly and in coordination to complete the challenge.

The whole team do it

3 Leg Race



Two participants stand side by side and tie one of their inside legs together (right leg of one person to left leg of the other). They must work together to walk or run to the finish line as one team.

#2 Participants Per team

**OBSTACLE COURSE
ON THE NEXT PAGE**



Balance Beam



Participants must walk across a narrow beam without stepping off or losing balance.

#2 Participant at time (2 Beams)

Tyre Flip and hop



In this relay, the first participant hops in tyres , flips big tyre once, then runs back to tag the next teammate, and the rotation continues until everyone has completed the course there and back.

The whole team in a relay

President Escape



In President Escape, three participants hop through a tyre and crawl under a net. When one is “injured,” the other two carry them to the “President,” use a first aid kit, and then run together to the safe zone to complete the mission.

3 participants per team

The Commando Crawl



Participants must crawl under a rope, net, or low obstacle without touching it.

The whole team # Relay

Hurdles



Participants must jump over a series of hurdles set up in a course.

The whole team do it

Rope Swing



Participants swing from one tire to another, with increasing difficulty levels.

The whole team # Relay

Tyre swing



Participants use a rope to swing across a small gap, river, or obstacle.

#1 Participant at time

First Aid Rescue



Five participants hop on tyres to start the challenge. Along the way, one teammate is declared “injured.” The remaining team members must quickly run to collect a first aid kit and stretcher, provide basic treatment, and safely transport the injured teammate to the designated hospital area to complete the mission.

#5 Participants per team

Climbing Wall



Participants climb a vertical wall using grips and footholds to reach the top safely.

#1 Participant at time

Followers

30K

“Join our community across Instagram, Facebook, TikTok, and the Giba Gabba newsletter – stay updated, inspired, and connected!”

Team building's

345

Team building at Giba Gorge keeps growing because we do what we love best creating unforgettable experiences. Since 2021, Mvelo Chesseboy has been turning challenges into fun, trust, and teamwork.”

Bookings

+360

“We have a lot of inquiries coming in thanks to the excellent service we provide our customers. At Giba Gorge, we pride ourselves on creating memorable experiences, and it shows in the trust and excitement of those who reach out to us.”