

## Build a Pyramid

### Build a pyramid

Groups of about 6-8. Ask them to come up with 6 words that are essential for a good team (e.g. trust, communication). Have 6 red plastic cups (or other kinds) for each table/group and tell them to write down a word on each cup. Then they have to use the “rubber band tool” to create a pyramid with the cups. Can’t touch the cups, must use the tool only. The tool is approx 8 strands of string connected to a rubber band that could go around a cup to pick it up. Each person must use at least 1 string. Ask about the words they chose and how they worked as a team.

**Materials:** plastic cups, rubber bands (1 per group), 8” strings (enough for each person)

### Focus Area

- Communication
- Team work
- Group dynamics

### Time Needed

- 20 minutes

### Group Size

- any size (4-8 people in each group depending on number of people)

### Directions

- Ask them to come up with 6 words that are essential for a good team (e.g. trust, communication).
- Give out 6 plastic cups for each table/group and tell them to write down a word on each cup.
- Once they label their cups, give them string (1 for each person) and 1 rubber band
- Using the string and rubber band, they must build a pyramid with the cups
- They can’t touch the cups, must use the tool only.
- Each person must use at least 1 string. Ask about the words they chose and how they worked as a team.

### Debriefing Questions

- How easy or difficult was this activity?
- When the task was first revealed, what were your immediate thoughts?
- What did you need to be successful? Or, what would you have needed to do to be successful?
- How did you choose the words on the cup and how do you think you worked as a team?

**The Leadership Education And Development Office**  
**at George Mason University**

These resources have been adapted throughout the years. If you know the origin of any of these activities, please feel free to let us know so we can list the proper citation. A special thank you to the students, faculty, and staff who have contributed over the years.