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# **FREE TRAININGS**

## **Marshmallow Challenge**



# Introduction

## **Brief Overview**

Welcome to the **Marshmallow Challenge**, the ultimate exercise in creativity, teamwork, and spontaneous architecture! Get ready to stretch those innovation muscles, laugh a lot, and maybe get a little competitive.

## **Purpose**

This is not just any team-building exercise; it's a battle of wits, strategy, and sticky marshmallows. Teams will compete to build the tallest structure using only spaghetti, tape, string, and, of course, a marshmallow. The twist? The marshmallow has to be at the top!

### **The challenge is simple:**

In 18 minutes, build the tallest free-standing structure out of 20 sticks of spaghetti, 3 feet of tape, 3 feet of string, and one marshmallow. The marshmallow must be on top.



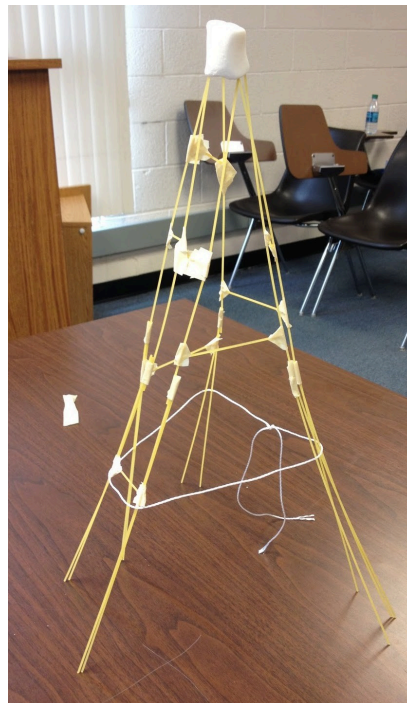
## Materials Needed

### List of Materials

- 20 sticks of spaghetti per team
- 1 yard of tape per team
- 1 yard of string per team
- 1 marshmallow per team

### Visual Aids

- A countdown timer displayed big and bold
- Slides or posters with the challenge rules and inspirational structures from past winners



## **Ideal Participants**

The marshmallow challenge is suitable for teams of **all ages and backgrounds**.

It can significantly benefit students, professionals, and **organizations seeking engaging activities to enhance collaboration and innovation**.

The challenge is helpful for teams to encourage them to **think outside the box and brainstorm** about a new idea.

It's a highly recommended exercise for **teams new to agile project management**.

## **Training Flow & Timeline**

**Total Duration:** 45 minutes of pure, unadulterated fun

### **Time Breakdown for Marshmallow Challenge**

- 5 minutes for introductions and rules
- 18 minutes of building time
- 2 minutes for measuring and marveling at the towering structures
- 20 minutes debriefing for laughter-filled learning

## **Rules for the Marshmallow Challenge**

The rules are easy; in 18 minutes, each group can use 20 sticks of spaghetti, one yard of masking tape, one yard of string, and one



marshmallow to build the tallest free-standing structure with the entire marshmallow on the top.

The teams can break the spaghetti and cut the tape and string into any sized pieces.

A team can also use the materials as much or as little as they wish. For example, if they can decide to use all or no spaghetti, the same applies to the masking tape and string.

The exercise should be done indoors, and each team should have a steady table.

This challenge needs to be friendly and encouraging. However, the following three instructions need to be strictly respected.

- **You Must Use the Entire Marshmallow**

The marshmallow mustn't be split into smaller pieces and must be placed on the top of the structure.

- **Build the Tallest Free-standing Structure**

The groups can hold the structure until the end of the exercise. After that, the structure with the marshmallow on the top must stand on its own.

The team with the tallest structure measured is the winning team.

- **Stop When the Time Runs Out**



The exercise is 18 minutes long. Therefore, the teams must stop working on their structure at the 18-minute mark. After this, if a team tries to support their structure, they're automatically disqualified.

## **Step-by-step Guide to Marshmallow Challenge**

### **Step 1: Team Huddle**

**Activity:** Form teams and hand out materials.

**Time:** 5 minutes

### **Step 2: The Grand Plan**

**Activity:** Teams plan their spaghetti skyscraper.

**Time:** 5 minutes

### **Step 3: Construction Commences**

**Activity:** Let the spaghetti architecture begin!

**Time:** 18 minutes

### **Step 4: The Moment of Truth**

**Activity:** Measure the structures. Will they stand the weight of the marshmallow?

**Time:** 2 minutes

### **Step 5: Reflection Time**

**Activity:** Discuss what worked, what didn't, and the unexpected twists.

**Time:** 10 minutes



## Step 6: Learning Unveiled

**Activity:** Highlight the key takeaways about teamwork and innovation.

**Time:** 5 minutes

## Step 7: Applause and Awards

**Activity:** Celebrate the tallest structure and award the winning team.

**Time:** 5 minutes

## Key Learnings & Takeaways

The marshmallow challenge helps the participants to improve their innovative and problem-solving skills by helping to discover the value of prototyping.

The challenge is also a great team-building activity; it improves team collaboration and communication.

The fun nature of the game will create a memorable experience for everybody.

## Next Steps

Take this experience back to your desks. When faced with a challenge, remember the lessons from today. And hey, why not challenge another team and keep the creativity flowing?

## Feedback



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## **Cheating**

There are always a few teams who try to bend the rules or even cheat. Make sure they're not getting any unfair advantage. Be encouraging about creative ideas, even if they're slightly bending the rules; announce these attempts loudly. It might help other teams to think outside the box. [For example, google the winning structures]



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