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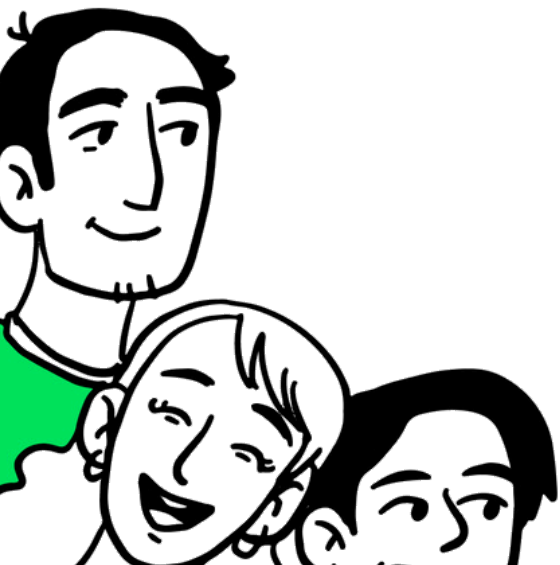
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# **FREE TRAININGS**

## **Tower of Cups**



## **Introduction**

### **Brief Overview**

The Tower of Cups challenge is an exhilarating team-building activity where participants must work together to build a tower using cups. The twist? They can't touch the cups with their hands! This game tests strategy, communication, and collaboration.

### **Purpose**

To enhance team coordination, communication, and strategic planning skills in a fun and challenging environment. It emphasizes the importance of clear instructions and cooperative effort in achieving common goals.



### **Ideal Participants**

This activity is perfect for teams of any size looking to strengthen their teamwork and problem-solving abilities. It's great for corporate groups, educational settings, and any team seeking to boost their collaborative skills.



## **Materials Needed**

### **List of Materials**

- Several plastic or paper cups (at least 20-30)
- Rubber bands
- Strings (cut into 1-meter lengths, one for each participant)

### **Visual Aids**

- Diagrams or videos of successful strategies for building cup towers
- Inspirational quotes or tips on teamwork and communication to motivate participants

## **Training Flow & Timeline**

**Total Duration:** 45-60 minutes

### **Time Breakdown for Tower of Cups**

- 10 minutes for setup and explaining the rules
- 30-40 minutes for the tower building challenge
- 10-15 minutes for debrief and discussion

### **Rules for Tower of Cups**

- No Hand Contact: Participants cannot touch the cups with their hands or any part of their body directly.
- Use Tools Provided: Teams can only use the rubber bands and strings provided to manipulate the cups.



- Build the Tallest Tower: The objective is to build the tallest tower possible within the given time frame.

## **Step-by-step Guide to Tower of Cups**

### **Step 1: Setup and Briefing**

**Activity:** Distribute materials and explain the challenge's objectives and rules.

**Time:** 10 minutes

### **Step 2: Strategize and Plan**

**Activity:** Teams discuss and plan their approach to building the tower without direct contact with the cups.

**Time:** 5-10 minutes

### **Step 3: Tower Construction**

**Activity:** Teams work together to build their tower using the rubber bands and strings to place and stack cups.

**Time:** 30-40 minutes

### **Step 4: Evaluation and Discussion**

**Activity:** Measure the towers and discuss the strategies used, focusing on what worked well and what could be improved.

**Time:** 10-15 minutes

## **Key Learnings & Takeaways**



The Tower of Cups challenge reinforces the importance of communication, planning, and teamwork. It highlights how diverse strategies and roles contribute to achieving a common goal and the value of adaptive thinking and leadership in collaborative tasks.

### **Next Steps**

Encourage participants to apply the teamwork and communication skills learned in this activity to their daily tasks and projects. Consider setting up follow-up team-building exercises to continue building these essential skills.

### **Feedback**

We value your feedback! Share your thoughts on the challenge and any insights on how it impacted your team's dynamics and communication.



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