

### **TEAM BUILDING OF SASTRI COLLEGE LEADERS**

On Wednesday 17 April 2019, the prefects of Sastri College spent a fun filled day at Mind Games in Umhlanga. The team was divided into groups participated in a variety of educational, physically and mentally challenging team building exercises. We had to build a tower only out of skewers and elastic bands that had to be taller than the other teams. This tested our ability to work as a team to formulate the best design and execute the plan accordingly.

In the second exercise, we had to flip a towel, which 14 students stood upon without anyone stepping off it. This required us to work coherently, listen to others who had valuable input. Another exercise saw us standing in a circle; we had to put our hands at the center and grab the hands of two different people forming a knot, we then had to untangle ourselves without letting go of each other. This was more physical, testing our problem solving skills and flexibility.

Our final exercise was the escape room where the teams each presented with three conjoining rooms. The problems tested general mathematical knowledge and problem solving skills. The prefect body enjoyed the experience thoroughly and felt it was a good way to distress a bond. It was exciting to solve clues, without being tempted to check with Google, but rather with our brainpower. The behavior of the learners during the activities was exemplary and they completed all tasks to the best of their ability. Overall, it was an exciting experience was beneficial to the learners as a team building activity.

Prefect Body  
Sastri College 2019



**TEAM BUILDING AT ESCAPE ROOM**



