

# Activity Guide

## Traffic Jam



- **Overview.** FlagHouse and Project Adventure have partnered up to create this unique and exciting cooperative challenge activity. We're confident that your participants will have a blast with this exciting game!

Traffic Jam is a great limited prop initiative that can be challenging and self-motivating to solve. In this life-sized brainteaser, participants on two sides navigate over a series of foam rectangles using only the unoccupied rectangle that is positioned to start in the middle. There is only one way to accomplish this, so groups must communicate and work together to find the solution. Teamwork and patience always win in the end. Includes nine foam, 8" x 12" x 1/2"H stepping pads.

- **What Are the Educational Applications?**

- This activity is a small group challenge that fosters teamwork and group thinking.
- To solve the Traffic Jam, the group must combine their physical skills with group problem solving and cooperation skills.
- The post activity de-briefing is an important part of the learning process.

- **How Can I Use This Product With My Students?**

- **Where:** On a safe flat area using the Traffic Jam markers/squares.
- **Age:** Best used with students in Grades 4 through 12.
- **Group Size:** A group of eight makes up the best team.
- **Basic Skills Needed:** Teamwork, cooperative skills, balance, problem solving.

- **Set Up/Instructions:** Use the diagram that accompanies the equipment for setting up Traffic Jam. The placement of the spots should always be the same distance apart. The narrative is very important to setting the scene and the challenge. Rules of travel must be followed.



### The Games/Activities

- **Activity #1: Traffic Jam!**

- a. **Objective:** The objective of this trial and error task is to have the two equal groups of teammates that are facing each other, change places on the line of squares.
- b. **NASPE Standards:** 1, 2, 3, 4, 5, 6
- c. **How to Play:** Set up the Traffic Jam Squares on a flat safe surface. The nine squares will be filled with eight players, leaving the middle square open. Four players will face the other four players and no one may change and face the other direction.

Rules:

- A person may move to the empty space in front of them.
- If two players are facing each other, they may move around the person if there is an empty space to move into on the other side of the person.
- No one may move backwards.
- Two people may not move at the same time.
- If you are facing someone's back you may not pass them.

d. Extensions:

- Allow a question or two to help the group.
- Give a hint such as, “Who is leading?” or “Does anyone have another idea?”
- Allow the group to start over when they need to
- If too easy, blindfold a person so others must help them.
- Make it more difficult by not allowing everyone to talk or give suggestions.

e. Solution:

- Since this can be a frustrating challenge to solve, allow time to give the solution at the end of the time period.
- When the first person moves, notice whether they moved into an odd or even space. If they moved into an odd space, they and all their teammates only move into odd-numbered spaces until each member reaches their final destination.
- The other team moves only into even spaces until they are home.



• **Post-Activity Discussion Questions:**

- a. Who were the verbal leaders?
- b. Who were the physical leaders and workers?
- c. Did anyone give a suggestion not used by the group?
- d. Were there any other solutions?
- e. What would you do different next time?

• **Safety Issues & Concerns**

- Make sure the area is safe and free of items so that if the participants fall they will not get injured.
- Balance is a key issue in Traffic Jam. Students with balance challenges may need help or support.
- Moving around teammates can be difficult at times and help might be needed.
- Lifting of players should be avoided.

**Meets These NASPE Standards**

1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
2. Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
3. Participates regularly in physical activity.
4. Achieves and maintains a health-enhancing level of physical fitness.
5. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
6. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.



Used by permission, Project Adventure, Inc. *Silver Bullets: A Revised Guide to Initiative Problems, Adventure Games & Trust Activities*, Karl Rohnke.