



Active Problem Solving

The following active problem solving activities can be completed at home in or outdoors with family. Always make sure that you have an **adult** present. Have fun!

Activity 1- Knots

Mission- Stand in a circle with your group. Each person puts their right hand in to the centre of the circle and holds hands with someone **not** standing next to them. Each person then puts their left hand into the circle and holds hands with someone else. Your mission is to untangle without letting go of hands.

Constraints- You must not hold right hands with the person standing next to you. You should be holding hands with 2 different people.

Activity 2- Lower the Stick

Mission- Your team must lower the stick starting from the chest height of the tallest person to the ground using only their index fingers.

Equipment- A thin stick, rod or any similar material.

Constraints- Every team member must have both index fingers on the stick at all times. If one finger loses contact with the stick, you must start over.

Every team member must be standing.

The stick must only be resting on your index fingers (you cannot force it down).

Activity 3- Blind Soccer

Mission- Split into two even numbered teams and find a partner. One of the partners will be blindfolded while the other acts as a guide. The blindfolded players must try to kick the ball in to the opposite teams goal with their partner giving them instructions.

Equipment- Blindfolds and a football.

Constraints- The partner who is guiding must only give verbal instructions and cannot move or position the other players.

Activity 4- Photo Finish

Mission- One team member will be the photographer and the other team members will be the runners. Create a 'finish line' using markers or tape. Your team must run across the finish line at exactly the same time to achieve a 'photo finish'. The photographer must be ready to take a photo each time the team runs across the finish line.

Equipment- A camera and tape or markers to use for a 'finish line'.

Constraints- The runners must not stop or slow down before reaching the finish line.