



Team Builder

Flip the Sheet

Teamwork: synergy, unity, harmony, alliance

Teams with strong bonds can accomplish great things.

Get your team in sync!

What is Flip the Sheet?

An activity that challenges team members to step onto a bed sheet, blanket, or tarp and attempt to turn it over without any of the participants stepping off.

Activity at a Glance

Great way to promote teamwork in the classroom, sports field, or creative problem-solving competition.	Flip the Sheet is one of the easiest and most effective team-building activities around.	Perfect for teams of 5-10. The smaller the sheet and larger the group, the more difficult the challenge.
Easily adaptable. Fold the sheet or cut it in half for increased difficulty.	Hardly any materials needed! Just an old bed sheet or blanket and communication, collaboration, and strategy.	Watch your team instantly develop a <i>we're all in this together</i> mentality.

Flip the Sheet: Step by Step

Join forces & get that sheet flipped!

1. Place a bed sheet, blanket, or tarp on the ground.
2. Split group into teams of five to ten members, although any size will work.
3. Team members step onto the sheet together.
4. Team is challenged to turn the sheet over onto its opposite side without anyone stepping off in under ten minutes. If any team member does step off, they must start over again.
5. To increase difficulty, the sheet can be folded multiple times or cut in quarters.

Why Should Your Team do Flip the Sheet?

Benefits Unlocked

Only one item needed! Quick and simple set up. Rules are easy to explain.

Can be repeated and timed often.

Shared sense of purpose improves team's bond.

Improves communication skills, problem-solving skills, and teamwork skills.

Team success depends on the ideas and contributions of all team members.

Group decisions are key.

Fun, physical activity that gets teams laughing and engaged while working together.

For more creative team-building activities, please visit

www.swirlandspark.com.