

Level 2, The Podium, Tower 3, UOA Business Park 1, Jalan Pengaturcara U1/51a, Section U1, 40150 Shah Alam, Selangor Tel : 03 - 3250 1963 / 010 653 2298 Email : hr@hcgmconsultant.org Website : www.hcmgconsulting.org

Forbidden Circle (4 Mission Activity)

This activity is an organized event or task that involves a group of individuals working together to accomplish a specific objective or goal. It often incorporates elements of teamwork, problem-solving, and decision-making.

- 1) Solving the Puzzle
- 2) Ball Transfer
- 3) Hula Hoop Transfer
- 4) Punture Pipe (Wet)

Amazing Race (5 Checkpoint mission)

The Amazing Race is an exhilarating and fast-paced team-based activity. It involves teams competing against each other in a series of challenges and tasks as they race to complete the course. Here's a step-by-step explanation of how an Amazing Race activity typically works:

1- Cup tower - Participants need to complete a pyramid tower by using paper cup within given time frame

2- Spider Web - Participants need to bypass the obstacle course by group in order to complete the task

3- PaintBall (Target shooting) - 12 Bullet for each participant to aim and hit designated targets

4- Questionnaires - Each group given a set of paper questionnaires to answer within the time frame

5- Ball Transfer - The ball transfer activity is a team-building exercise that focuses on communication, coordination, and problem-solving skills. It involves moving a ball or small object from one point to another using a series of interconnected pipes or tubes

Scavenger Hunt

A scavenger hunt is a fun and interactive game where participants search for specific items or complete a list of tasks within a designated area. The goal is to find all the items or complete the tasks in the shortest amount of time

1- Item Searching

- 2- Snap a creative group photo
- 3- Communication task activity



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Historical Hunt (Ipoh, Melaka, Penang)

A historical hunt is a scavenger hunt activity that focuses specifically on historical locations, landmarks, or artifacts. It aims to educate participants about historical events, figures, or significant places while engaging them in a fun and interactive experience. Here's an explanation of how a historical hunt typically works:

Theme and Historical Context: The organizers select a specific historical theme for the hunt, such as a specific era, historical figure, or significant event. This theme sets the context for the hunt and determines the focus of the historical information and clues provided to participants.

Exploring Historical Locations: Teams set off to explore historical locations based on the clues provided. These locations can include historical landmarks, museums, statues, plaques, or any other sites relevant to the chosen theme. Participants use their knowledge, problem-solving abilities, and observational skills to decipher the clues and find the correct locations.

4) Gathering Historical Information: At each historical location, teams collect specific historical information, such as dates, facts, or details, related to the theme. This can be done by reading plaques, interpreting inscriptions, or interacting with guides or experts present at the location.

Recording and Documenting: As teams collect historical information, they record it in their clue packet or on a separate sheet provided by the organizers. This documentation ensures that teams have found the correct location and have gathered the necessary historical details.

Collaboration and Strategy: Teams collaborate, discuss, and strategize to solve the clues, share information, and navigate to different historical locations efficiently. Effective communication and teamwork play a crucial role in successfully completing the hunt.

A historical hunt provides a unique opportunity to engage participants in history, allowing them to explore and learn about significant historical events or locations in an interactive and enjoyable manner. It promotes curiosity, critical thinking, teamwork, and a deeper understanding of the past.



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Indoor Challenge Activity

<u>Game 1</u>

Money game - a share market or commodity exchange with every one having a price tag. e.g.: Men will be priced at 50 cents and ladies will be priced at RM1. When the MC mentions an amount like RM2.50, all players must combine and form that amount. 3 men plus 1 lady will be RM2.50 or all 5 men can form the same amount. Team can choose other team players in order to stay in the game. Those who cannot form the amount will be eliminated.

<u>Game 2</u>

Hand cuffs – This is a couple game and each team will send 5 couples and their hands will be handcuffed. Without breaking or untying the handcuffs, the couples need to come out from the handcuffs.

Game 3

Animal cry – Each team will choose a team leader and create an animal sound and the other participant will be blindfolded. The participant will then be placed far away from the leader and try to find their way back by following their team animal cry.

Game 4

JigSaw Puzzle – 4 giant puzzles will be placed on the floor. All teams will be given some puzzle to solve.

Game 5

Passing The Message - Participants will have to pass down a message to his/her members.

<u>Game 6</u>

The Hoola Mexican wave – Team members are required to hold hands and form a long line, which will then have to pass a hula-hoop to the end without breaking their hands.

Game 7

Tangle entangle - All Participants will be placed in an awkward position and each one of them holding another person's hand and trying to form a big circular position without letting go of their grip.

Game 8

The ladder games- Participants need to perform one straight line using their body.

Game 9

Balloon tower – Participants need to perform the highest structure using balloons.

Game 10

Robot writer– Participants need to write a sentence or a word by using a marker pen that is already tied with masking tape on paper.



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<u>Game 11</u>

Rubik cube – Participants need to perform one surface with the same color at the Rubik cube to complete the mission.

Game 12

Messenger - Participants will have to pass down every sentence to his/her members and combine them to make a full sentence.

Game 13

Longest line – Participants need to perform one straight line using their entire item that is attached to their body.

<u>Game 14</u>

Blind mines -Participants need to instruct one member of their team into a various hula-hoop given the instructions by the marshal.



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Outdoor Challenge

1. Money Changer

An ideal ice-breaking programme. Each participant are given an amount, e.g. all male are valued at RM 1.00, all females are valued at RM 0.50, music will be played and when emcees say stop and mention an amount like RM 2.50, all the participants will combine to form the amount mentioned. E.g. 2 male plus 1 female or 5 females.

2. Wooden Clock Race

A conventional giant slipper game where a team of 4 or three will mount up on the wooden clock and move to the finish line.

3. Honey, Don't Break My Heart

Teams are lined up in a straight line with about 3 meters distance between each participant. Then, they are to pass the water balloon in the pail to the next person by throwing motion. The team with the most water balloons wins.

4. Passing the Sting

A ball of nylon string is to be passed through their sleeves and at the end the last person will tight everybody up in a circle. Then, bring everybody to the finish line then take out the string and roll it back to become a ball of strings again.

5. The Mummy

Each team will be given 3 toilet rolls and one of them has to be wrapped up like a "mummy", finish all the 3 toilet rolls without breaking them and bring the "mummy" to the finish line.

6. Straw Kiss

Passing a green bean from one person to the others by using a straw in your mouth.

7. Firemen Dilemma

Typical fire rescue drill. Each team is given 8 plastic hoses and a pail of water. Four of the hoses are bigger than the other four, join them together and pass the water through the hose and fill-up three mineral water bottles.

8. Roll-al Dicey

Teams hold each other's shoulders like a caterpillar. The fate of the team is determined by the person who rolls the dice. Red color means move forward. Team that crosses the line first wins.

9. Coconut Bowling

A primitive bowling league. Each team is given a coconut and they are to roll down all the six mineral water bottles in front of them.

10. 4 Legged Race

Three people stand shoulder to shoulder and have their ankles tight with a cloth. Then race to the finishing line.

11. Dicey



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Each team will be a giant dice. At the sound of the whistle the team captain threw the dice. Their team members form a long line behind the captain. They will have to take as many steps as shown by the dice, either forward or backward depending on the face color of the dice.

12. Waiter Race

Each participant will carry a tray with a bottle and a cup of water, then run towards the skittle and make a "U" turn to the starting line and pass the next participant.

13. Step-on-it

Each participant in each group will be given a balloon to tie on their ankle. They should try to step on and burst the other group's balloon at the same time try to protect their balloon from their opponents. The group with the most and burst balloon is the winner.

14. Gunny Sack Race

Participants from each group will get into a gunny sack and run to the skittle, make a "U" turn to the starting line and tap on the other participant.

15. 500 Miles

Anything goes! Participants are given a time limit to join whatever they are wearing, t-shirt, trousers, belt, shoes, socks and etc. form the longest line that touches the finishing line.

16. Head to Head

Each team is given a balloon. They have to walk two by two with the balloon in between their heads.

17. Tug of War

A test of team strength by pulling a cargo rope between two teams.

18. Big Foot

Each team is given a pair of giant clogs. The clogs have places for four members to place their feet. The first four members have to wear the clogs to the finishing line and pass the clogs to the next four members. They wear the clogs back and pass it to the last two members. First team to finish wins.

19. Loop Race

Each team is given a Hula Hoop. They have to form one straight line and hold tight their hand together. At the sound of whistle they have to pass through the Hula Hoop from one end to the other end without letting their hand hold.