



# MARSHMALLOW CHALLENGE

## FACILITATOR GUIDE





# Team-building Workshop: Marshmallow Challenge

## Introduction

Team building is an important step each team should take to ensure success during the Toastmasters year. The following activity will assist participants in building a strong, healthy team.

## Overview

This activity involves several teams competing to assemble the tallest freestanding structure in a given time period with set materials. The Marshmallow Challenge is taken from Peter Skillman and adapted by Tom Wujec.

## Objectives

After completing this session, participants will be able to do the following:

- Explain the importance of a well-functioning team
- Apply the lessons they learned to their roles

## Materials

- One Marshmallow Challenge Kit per team, including the following items in a paper bag:
  - 20 sticks of uncooked spaghetti
  - One marshmallow
  - One yard of string
  - One yard of tape
- One measuring tape
- PowerPoint

## Group Size

Teams of three to 10 participants

## Setting

Large room with tables for each team placed approximately 15 feet apart

## Time

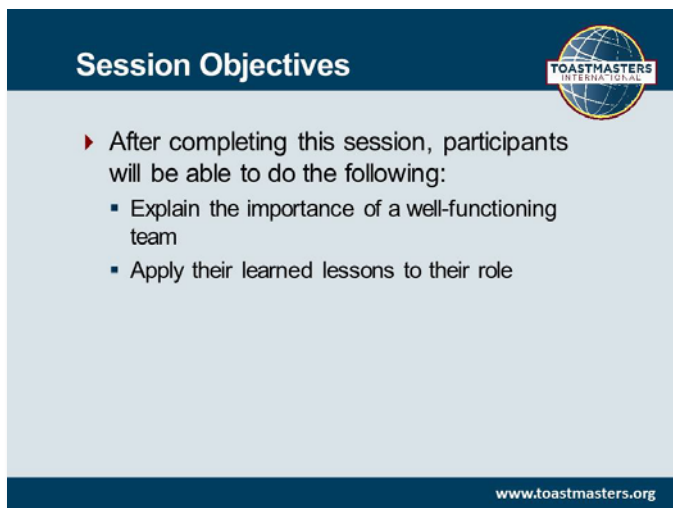
- Approximately 45 minutes

## Process

1. SHOW Marshmallow Challenge Workshop slide as participants enter room.



2. SHOW Session Objectives slide.



3. PRESENT

- After completing this session, you will be able to do the following:
  - Explain the importance of a well-functioning team
  - Apply the lessons you learned to your role

4. PRESENT

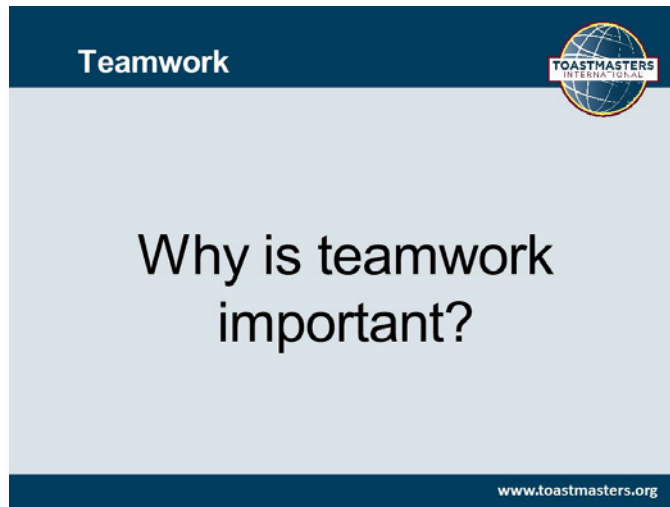
- A well-functioning team requires communication.
- Effective teamwork is essential.



5. SHOW the Teamwork slide.



6. SHOW the Why is Teamwork Important? slide.



7. ASK

- Why is teamwork important?
  - When more points of view are considered, it results in a more well-rounded and complete final product.
  - It supports an empowered way of working because team members can depend on one another.

- It promotes a sense of achievement and camaraderie.
- It creates a motivated workplace.
- It allows efficiency and speed.

8. INSTRUCT participants to form teams of three to 10 participants.



9. INSTRUCT participants to assemble by team at each table.

10. DISTRIBUTE one Marshmallow Challenge Kit to each team.



11. PRESENT instructions:

- Teams compete to build the tallest freestanding structure following these rules:
  - **Build the tallest freestanding structure** as measured from the table surface to the top of the marshmallow. The structure may not be suspended from another structure (like a chair, the ceiling, or a chandelier).
  - **The entire marshmallow must be on top** of the structure. Cutting or eating part of the marshmallow disqualifies the team.
  - **Use as many or as few of the supplies as your team chooses**, with the exception of the marshmallow (which must be placed on top of the structure) and the paper bag (which may not be used as part of the structure). The paper bag includes 20 sticks of spaghetti, one yard of tape, one yard of string, and one marshmallow.
  - **Teams may break the spaghetti and cut the tape and string** as needed to create the structure.
  - **Complete the challenge in 18 minutes.** Teams may not hold the structure in place when the time stops. Touching or supporting the structure at the end of the exercise disqualifies the team.

12. INSTRUCT the teams to begin.

13. TIME 18 minutes.



18 minutes

#### NOTE TO FACILITATOR

Walk around the room as the teams work. Periodically announce the time remaining. Announce the progress of the teams, building a friendly rivalry.

Remind teams that holding the structure disqualifies them. After 18 minutes, measure each structure.

14. TELL the group which team won.

15. INSTRUCT participants to be seated.



16. SHOW the TED video.



17. ASK

- How did the team function?
- What were your team's strengths?
- What were your team's frustrations?
- How can you apply what you learned from this challenge to your roles in Toastmasters?

18. DISCUSS for 10 minutes.

10 minutes



19. TIME 10 minutes.



## Conclusion

1. SHOW the Conclusion slide.



2. PRESENT
  - Working together will help your team achieve success.
  - Remember what you've learned today as you complete your term.
3. INSTRUCT participants to share something they learned from this session with another participant.

