



U.S. AIR FORCE

Domain: Mental

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Title: Tower Exercise

Time: 30-60 min

Purpose:

- Improve social connectedness and group cohesion
- Improve teamwork among unit members
- Improve communication & ownership

Materials Needed:

- Newspaper
- Masking Tape
- string OR balloons



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Instruction:

Divide the group into small teams. The tower is to be constructed from the provided materials; no additional materials may be used. Give teams planning time to discuss how they will build the tower and then set an amount of time to construct the design. When time is up, the large group gets to view and judge all of the constructed towers.

Towers can be judged on the following characteristics:

- Height (the taller, the better)
- Stability (it must stand unassisted)
- Aesthetic appeal (attractive to the eye)
- Originality of design (unique designs and creative methods are preferred)



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Debrief:

Discuss how teams worked together; how the planning went (did someone emerge as the leader? was it a consensus?). Discuss how working as a team is easier than working alone to build a resilient tower/Airman. Discuss how a weak area in the tower can make it crumble the same way that being weak in one domain (mental, physical, social, or spiritual) can cause an Airman to “crumble” (demonstrate by removing a piece from one group’s tower and making it fall apart).