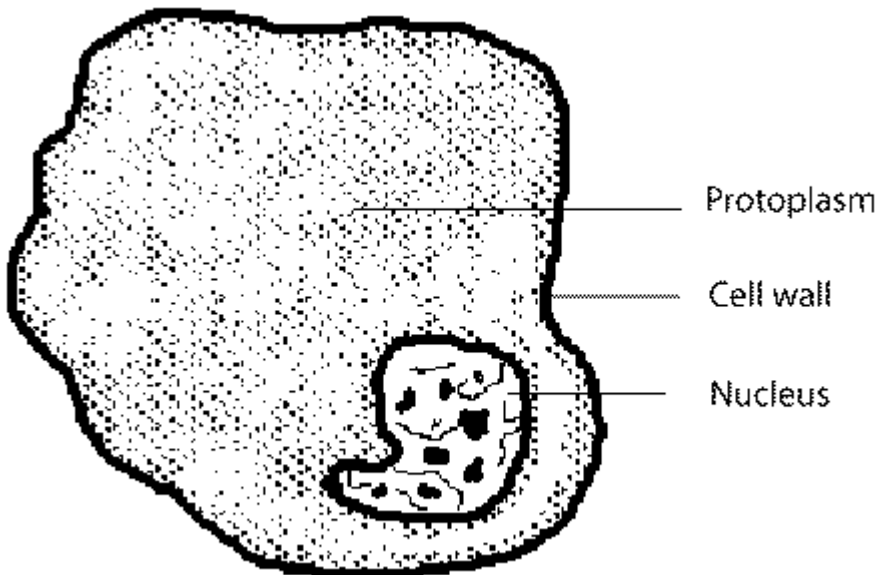


# Amoeba Race

Description of a Fun, Team Building  
Activity

## Amoeba Race

- A fun game, using a basic biology concept of a cell
- Requires cooperation, competition and close physical interaction. Useful as a simple activity to help a group get comfortable with one another.
- Explain how to create an amoeba. There are 3 parts:
  - a lot of protoplasm  
(people who don't mind being close, gather together)
  - a cell wall  
(people who like to contain themselves & others, surround the protoplasm, facing outward, linking elbows)
  - a nucleus  
(someone with good eyesight and the ability to keep on top of things should be the nucleus, seated on the shoulders of some of the protoplasm)
- Once the amoeba is formed, try taking a walk through a field or around the block. A rhythmic chant might be helpful for coordinating movements. (What sort of sound does a one-celled creature make?)
- Finally, try a little cell division. Split into two, create a second nucleus and have an Amoeba Race.



## Equipment

None

## Time

Approximately  
15 mins.

## Brief description

A simple, close physical contact group cooperation activity. The group forms the three parts of an Amoeba: protoplasm, cell wall and nucleus. Then the group travels, splits into two amoebas, and the amoeba have a race.