

# Ice Breakers and Team Builders

## Getting To Know Each Other- Energizers and Team builders

The following pages include a variety of exercises to try out with your floor or group. The first steps in planning to help develop your group through team builders are:

- Assess where your group is and at what level of risk they are willing to take
- Begin with low risk activities and then build progressively to more challenging experiences
- Consider that timing is critical to the successful use of teambuilding
- Ensure that people are dressed appropriately for the exercises—make sure that jewelry is removed, glasses are removed for very physical activities, very loose clothing is worn, shoes fit the activity, and shorts are not worn if the participant will be climbing rough terrain.
- Give people an out if they are afraid or unable to do the activities
- Make sure that safety precautions are always taken such as utilizing spotters, checking equipment to be used to make sure it is in good shape, etc.
- Use written waivers if any risk is involved in the person's participation

Good Luck in your endeavors!!!

## Icebreakers/Name Games

These introduction games are a great way to start building community in your halls. They are especially important at the first few floor meetings, hall group meetings, etc.

### Nametag:

At the start of the meeting have everyone make a nametag that includes a picture on it that says something about themselves. ( a caricature, cartoon, symbol, place...). Go around the room and have each person explain their drawing. You can use note cards and felt pens or if you really want people to be creative supply construction paper and scissors.

### Where were you?

Pick a year or date before the meeting and then give each person a chance to tell what they were doing on that date. (Ja. 1967 or Summer 1975.)

### Important Item:

Have each person bring something to the meeting that means something special to them or that would not have left home without, and then take turns telling about it.

### Dyad Instruction:

Have people pair off using the criterion of not knowing their partner well. Allow 2-5 minutes each to introduce themselves to each other. Then have their partners introduce each other to the group or to another dyad.

### Superlatives:

Participants are asked to study the composition of the group quietly and to decide on a superlative adjective that describes themselves in reference to the others (youngest, tallest, most-up-tight, etc.). Then tell their adjectives, explain and, if possible, test their accuracy.

### Hometown:

Have a large outline of Minnesota (4x5') taped to the wall. Leave border space for those born outside of the state. Have participants put their hometown and first name on the map. Then ask them to share their hometown and how they decided to go to Carleton.

### Demographics:

Brainstorm on background data that participants would be interested in knowing about each other (age, education, and birthplace). Have each participant tell who they are in reference to these demos.

### Name Memorization:

Have participants sit in a circle. Have someone tell their name. The person next to him/her has to repeat the first person's name and then say their own name. The third person repeats the first person's name and second person's name and then says their own name. This continues until the last person has said everyone's name in the circle. (The try to do it backwards!)

### Contrasting Statement:

Think of several contrasting groups such as Daisy-Rose, Volkswagen-Cadillac, lion-mouse, hammer-nail. After saying each pair have the group divide in two and join the group they best relate to the word. Within the group have them explain why they chose to say the hammer instead of the nail.

### Lollipop:

Pass out dum-dum lollipops to the group. For every letter that appears in the flavor the participant has to say something about themselves to the group.

### Sentence Stems:

Form dyads (2) or triads (3) and have participants complete the rest of the sentence. This can be done by the leader saying the sentence to all or have sheets of paper with these listed so that people can take their own time in covering them. (Excellent for roommates!)

Here are some examples or think of your own.

Before I came to Carleton, my main interests were...

The way I would describe my family is...

The thing I remember most about high school is...

My fondest memories of another person are...

My most unusual friend is...

My favorite pastimes are...

The things I value most are...

Where I hope to live five years from now ...

Some of the things that make me happy are...

The thing that concerns me most about school is...

The thing I would most like to accomplish this year...

Good starters for roommates might be:

The first day we met the things I noticed about you were...

Since then something that surprised me about you was...

Something I like about you is...

It appears to me that an important difference between us is...

I think we might have to compromise on...

What I think I will get out of have a roommate is...

I think the most important thing I learned in this discussion has been...

### Toss A Name:

Standing in a circle, pass the ball around and have each person say their name. Then have a person call someone by name and toss the ball to them. When the other catches it they say thank you (using the name of the person who threw it) and then call upon another person to toss the ball to. After the ball has been tossed for a while, start a second ball going at the same time, a third, and finally, a fourth. Have a person volunteer to say everyone's name in the group, or do it together as a group.

### Hog Call:

Break the group into pairs. Each pair must choose two things; a machine and an animal. Then they have to decide who is which. The pairs then divide up on opposite sides of the room. Everyone must close their eyes, and by only making the noise that their partner character would make, they must find their partner. When they find their partner they can open their eyes and wait until everyone else is done. When conducting an activity with eyes closed, have the group raise their hands in front of their chest as bumper guards, and have at least one person (leader) acting as spotter.

### Stinger:

The group forms a circle and closes their eyes. The leader of the group selects a stinger by squeezing an individual's shoulder. The group then opens their eyes and spends time introducing themselves to others while shaking hands (and trying to spot the stinger). The stinger tries to eliminate all the others in the group without getting caught in the act. The stinger strikes by injecting poison with their index finger while shaking hands. A person stung may not die (dramatically of course) until at least 5 seconds after they are stung. They can not give the stinger away to the group. When someone thinks they have discovered who the stinger is, they may announce that they know who the stinger is. If they get a second from another person in the group within 10 seconds, the two of them may make an accusation. If the person doesn't get a second, he/she must wait to challenge again until another person has died. If another person does step forward and second the challenge, both will point to who they think the stinger is on a count of three. If they don't point to the same person, or they both point at the wrong person, they are automatically dead. If they both select the correct person, the stinger is dead.

### Human Knot:

The group faces each other in a tight circle. Each person holds out their right hand and grasps another as if shaking hands. All then extend left hand and grab another left hand. They should not have both hands of the same person. Explain to the group that they must untangle themselves into a single circle without releasing hands. If the activity continues without solution, administer "knot first-aid" and break one set of entangled hands (with group consensus) and continue to solve the knot. You may have to decide as a group that your knot is untiable after prolonged attempts.

### Solemn and Silent:

The instructor explains that this exercise takes self control. Members pair up back to back. On the count of three everyone must face their partner, look each other in the eyes, and try to remain solemn and serious. No speaking! The first to smile or laugh must sit down. All who remain standing then take a new partner and the activity continues until only one person has not smiled or laughed. (2<sup>nd</sup> round of playing can involve two teams competing to out last each other). If you get a pair at the end who are both keeping a straight face, the rest of the group can act as hecklers to disrupt them.

### Hello:

Form a large circular seating arrangement. When the group is seated, explain that they will be utilizing an unusual greeting. One at a time, each participant is to stand, take two steps towards the center of the circle while simultaneously saying, "Hello, my name is\_\_\_\_," while emphasizing their hello by using facial expressions and body movements (ex. Gyrate their hips). As the participant sits, the rest of the group stands and takes two steps towards the center of the circle, repeating the facial and body movement, saying "Hello, \_\_\_\_". The group leader can start by demonstrating, and the warm-up continues until everyone has gone.

### Uncle Fred's Suitcase:

The group forms a circle. The first person states their name and the reason they picked this college, group, etc. You continue going around the group, repeating what the person/s preceding them name and why they had chose to come here. You can also substitute the "Why you came here" with other things like "My name is Sam and I brought a Sink because I like to wash my hands", etc.

### Duo Interviews:

Begin by having the whole group introduce themselves to the entire group. Follow by pairing up, and distribute paper and writing utensils to each participant. If necessary, three people can form one group. Each pair is to spend five minutes interviewing each other, learning names, and sharing information about backgrounds, interests, values, goals, etc. Call the group together when the time has elapsed and have their partners introduce the people that they have interviewed. Continue until everybody has been introduced.

### Who Am I?:

In this exercise group members will be asked to identify the names of famous persons. The leader tapes to the back of each group member a nametag with the name of a famous person written on it. The group member is not to see what is taped on his or her back. The leader then tells group members that their task is to find out who they are. Members are to mill around the room and ask each other questions that can be answered only with "yes" and "no". For example, "Am I living?" "Am I a movie star?" If the member receives a "yes" answer he or she must move to another group member to ask another question. When a group member has established his or her new identity, he or she removed the tag, writes his or her name above the famous name, and tapes the tag to his or her chest. The member then mills around the room, helping other group members discover their identities. The exercise concludes when all members have discovered who they are.

### Birthday Line:

Explain to the group that this is a nonverbal group exercise. The group task is to form a single straight line according to birthdays. For example, persons with January birthdays will be at the beginning of the line, earliest January dates first followed in order by later dates. The line progresses by months and days with December birthdays at the end. Persons with the same birthday share the same place in line. Talking is not allowed. You must communicate nonverbally (no lip-reading or spelling in the dirt is allowed). When the line is completed, each person will sound out his or her birthday, beginning in January.

The Shoe Game:

Have the group stand in a large circle shoulder-to-shoulder. Then have everybody remove their shoes and tie them together. At the leader’s command, everyone runs to the center of the circle and throws their shoes into the pile, returning to the circle. Have one volunteer choose one pair of shoes other than his/her own and make one statement about the owner of the shoes (for example, “The owner of these shoes must be a very thrifty and economical person to still wear shoes in this condition!”). The owner of the shoes then comes forward, introduces herself/himself to the group, and picks out another pair of shoes to introduce. Repeat. Continue until all the persons have been introduced through their shoes.

Nonverbal Introductions:

For this exercise you will need: 1 sheet of paper 8x11 and one pin for each person. There should also be a mock-up sign for example and all should have pencils. To begin, each person will have 5 minutes to make individual signs. Pin to front. The exercise is nonverbal. Each person will nonverbally introduce themselves to everyone other person by shaking hands and sharing information from the sign. No verbal comments or questions. (10 minutes). After the nonverbal interaction period, persons may take 5 minutes to verbally respond to signs, ask questions, etc.

Famous Person you admire		Famous Person you don’t admire
	Your Name Animal you identify with	
Your most valued possession		Where you see yourself in 10 years

## Goal Crest

What are 3 things you do well?  
What are 3 things others think  
you do well?

At the end of the year what 3  
words or phrases would you want  
inscribed under your picture?

What is one thing you will  
strive to improve in yourself  
this year?

What would you like people to  
notice that you have done this  
year?

What would you do if you have  
one year to live?

What is one accomplishment you  
want to be remembered for and  
how will you accomplish it?

## Self-Introduction

Hello, my name is \_\_\_\_\_. I am \_\_\_\_\_ years old and I am majoring in \_\_\_\_\_. My home town is \_\_\_\_\_ and I really \_\_\_\_\_ it there because \_\_\_\_\_. I always dreamed that someday I would \_\_\_\_\_, and that dream has \_\_\_\_\_ true. I feel \_\_\_\_\_ about it now! Some things I like to do include \_\_\_\_\_, and I really hope to be able to \_\_\_\_\_ this term. There are many things that I am good at and one of them is \_\_\_\_\_. I did a real interesting thing once and that was \_\_\_\_\_. My family consists of \_\_\_\_\_. If I could change one thing about myself it would be \_\_\_\_\_. Still, I am really glad to be here right now because \_\_\_\_\_. My primary concern this term is \_\_\_\_\_ because \_\_\_\_\_. I would really like to get together with anyone who would be interested in \_\_\_\_\_. The one thing I want to be remembered for is \_\_\_\_\_. As far as future plans are concerned, I hope to be \_\_\_\_\_ some day.

Any other comments:

Find a person on the floor who fits each of the following descriptions. Have the person sign their initials next to the appropriate situation.

- \_\_\_\_\_ Someone who is an only child
- \_\_\_\_\_ Someone who was born in another country
- \_\_\_\_\_ A person who has children (?)
- \_\_\_\_\_ A Leo
- \_\_\_\_\_ Somebody who hate veggies (vegetables)
- \_\_\_\_\_ Someone who plays a musical instrument
- \_\_\_\_\_ A person who has traveled abroad
- \_\_\_\_\_ A student majoring in education (?)
- \_\_\_\_\_ An engineering student (?)
- \_\_\_\_\_ Someone who reads horoscopes
- \_\_\_\_\_ A person who has a job
- \_\_\_\_\_ Someone with a shoe size of 10 ½
- \_\_\_\_\_ Someone who lettered in a competitive sport in high school
- \_\_\_\_\_ A person who likes Dan Quayle (?)
- \_\_\_\_\_ Someone who claims to be an artist
- \_\_\_\_\_ Someone who drives a foreign car
- \_\_\_\_\_ A person who is the baby of the family
- \_\_\_\_\_ Someone who works at a residence hall desk (?)
- \_\_\_\_\_ A member of a Greek fraternity or sorority (?)
- \_\_\_\_\_ Someone who has visited a prison
- \_\_\_\_\_ An Easterner
- \_\_\_\_\_ Some who has been a foreign exchange student

## **Energizers**

Energizers are activities that get the group psyched up or relaxed. Energizers make the group feel silly. It helps to break tension and seriousness in a group. Risk with these activities may be higher than in introductory games.

### Backpat:

Have a group split into triads. Have one person touch their toes. Have the other two pat that person's back briskly. Spend about 30 seconds and switch partners that everyone gets a chance.

### Cat and Mouse:

Something from your childhood. Have a group form a straight line shoulder to shoulder, alternating the direction they face. Select one person to be the cat and one to be the mouse (the cat chases, the mouse is chased). The cat chases around the line but can cut through by pushing someone out of the line and designating them "cat". The mouse can do the same. This game of tag should go very fast and works best in large groups.

### Killer

Have not played this one in a while? Group sits in a circle, where one has been designated "IT" (by draw of designated cards on slips of paper marked "IT" and the rest blank). The object is for the killer to wink at group members, they then "die", or are out of the game (some get quite creative). One can accuse if they suspect or catch the killer in action, but if they are wrong, they are "dead" too.

### Singing in the Rain:

Have the group stand in a circle. Tell the group they must repeat all words and actions of the leader. The leader tells the group to sing along to start. The leader sings, "I'm singing in the rain, just singing in the rain" (Clap while singing). The group should be following along. The leader then yells "arms out", and extends their arms forward. While your arms are out you make a sizzle sound for 24 counts. The counts go to the beat of (1,2,3, quickly) 8 times. You continue by singing the phrase again. Each time you complete a phrase you will add another command. The complete series will be "Arms out, knees bent, chest out, head back, butts back and tongues out". Each time you add a command you follow with the 24 counts of "sizzle". This activity will get the group laughing and energized.

### Count to Ten:

Have the group come together into one group, side by side with each other. When everyone is close in tell then the task is to count to 10 as a group. But, there's a catch. Each person is only allowed to say one number. If two people speak at the same time you must start over. The same person cannot start the exercise twice in a row. Also no gestures or pointing is allowed.

### Body English:

Split the group into two groups. Each group must plan and spell out words by using their bodies only (no hand signals or signs). The other group must figure out what they are

spelling. Start with single words and move on to phrases as the groups get better at spelling.

#### Touch My Can:

Place a can between the noses of two group members. The task is to have everyone in the group touching the can simultaneously without touching another group member. Ready go!

#### People to People:

Have everyone form a circle and pair off. The leader will stand in the middle of the group and give the first round of commands. Commands will consist of two body parts, nose-to-toes for example (make a point of no sexism). The pairs will then comment those two body parts. New commands are added to the previous one until the pairs are off balance or over-compromising positions. At this point the command person says “people to people” and the group members scramble for new partners. Do as many rounds as you feel appropriate. Be sure to tell people not to strain themselves, to simply obey the commands as best they can without hurting themselves. You may want to caution the group not to scramble too frantically for new partners for fear of hurting someone.

#### Invisible Jump Rope:

Form a circle. Everyone takes their pretend piece of rope and measures it out by standing on the rope and brings the ends up to their armpits. You can't expect to do the following exercises if your role is too short! Step off the rope and flip it behind you. One person will then lead the group. Start slow, having everyone jump at the same speed. Then speed it up, do criss-crosses, spins, jumping pairs, etc. Be creative! You can finish by having the group all jump with one rope. Don't exhaust the group.

#### Make a Machine:

- To get them into groups, tell them to yell out what season they were born in and find everyone else born in that season
- Have them stand in a circle
- Have everyone introduce themselves and tell what they like best about the season
- Have them build a machine with moving parts that use everyone in the group
- Have each group demonstrate their machine and have others try to guess what it is.

### Trust Falls:

- Find someone with the same eye color
- Tell each other about the most rewarding thing that happened to you this year through your work with other students
- (Read slowly) Now, stand one arm's length apart, one behind the other, facing the same direction.
- The back person puts both hands on the front person's shoulder blades
- The front person now slowly leans backwards while the back person supports them
- Lean as far back as possible
- The back person now pushes the front person slowly forward to a standing position
- Repeat and lean further back
- Switch roles and repeat
- Now, stand in the same position but the front person stands with both hands stretched out to their sides. The back person will put both arms out towards in front person under the arm pits.
- Front person slowly leans back and the back person catches the front person
- Repeat, back stand further apart
- Switch roles and repeat twice

### Relays:

- Everyone get into 3 equal sized groups
- Facilitators stand 30+ feet away from groups
- Have groups face you and line up with each other at a "Starting Line"
- 1. Pyramid Building: Instruct groups that they have 20 seconds to plan a strategy. They need to build a pyramid at the starting line, run to you and build it again, and return to the starting line and build it one more time.
- 2. Leap Frog: Instruct groups to play leap frog until all members leapt past you
- 3. Crawling: Divide each team into 2 equal groups and put one at each end of the course facing each other. (If numbers are uneven, have one member go twice.) One person from each line must crawl at the same time towards the center. The two members must "Do-si-do" (Crawl in a small circle around each other and turn to continue to the other side).
- 4. Amoebas: Have groups each stand in a circle with members facing outwards. Have group members select one leader who gets in the center of the circle. All other members in the circle link arms at the elbow and close their eyes.
  - a. The leader must watch the facilitator as she/he gives directions to the leader with hand signals.
  - b. The leader must set the group to follow the facilitator's directions. (Be extra careful about speed and safety with this one.)

### Values Discussions:

- Grab two other people who are wearing the same color as you are
- Sit down in a circle a little away from other groups

- Instruct them that they will be taking about some issue and you will give them new topics every few minutes
  1. Talk about the most important thing you learned this year
  2. What are the easiest and hardest emotions for you to express and why?
  3. What is something that few people know about you?
  4. What do you value in a friend?
  5. What do you want to be doing in 5 years?
  6. What is one of your goals for next years?
  7. What do you want to learn to do better?
  8. What is a motto you try to live by?
  9. What are 5 words a friend would use to describe you?
  10. What is the greatest challenge you are facing?
  11. What do you like most about yourself?
  12. What do you value in a loving relationship?
  13. What do you value most in life?

### Hagoo:

- Everyone stand up
- Get in two equal lines facing each other
- Facilitator stands at one end of both lines to give instructions
- Each line is a team
- Teach them how to practice the official greeting: “Hagoo”
- Have all members put their hands together palm-to-palm at mid chest level against their bodies
- The proper greeting is to keep constant eye contact with the other person, bow at the head and say “Hagoo” as you have your hands in the correct position. The most important things is to keep a completely emotionless face. You must not laugh.
- Have members practice the greeting with the person across from them.
- Tell them about the contest to see which team has learned the greeting the best.
- One member from each team will walk between the lines at the same time from opposite ends.
- The members of each team must try to make the other team’s member laugh by doing most anything but touching them.
- Have all individual members “walk the gauntlet” until everyone has the chance to practice the greeting.
- Tell them to keep using this greeting whenever they see members of the group.

### Spirals:

- Get all members into one large circle.
- Have them hold hands with the person on either side of them.
- Tell them to follow the person in front of them.
- Tell the person to your left to stay in the same spot.
- Break hands with this person and lead the line inside of the circle.
- Walk very close as you circle inside the first circle.
- Circles will get smaller until the group forms a “spiral”.
- Have the group give themselves a big hug.

### High-Lows:

Have each member share a high point in their lives and a low point. Can be over a specific time span: day, week, month, etc.

### Lifelines:

Each member draws a line on paper to represent the highs, lows, significant events, turning points, etc, of his/her life to date (can also project into future). Members share their lifelines with other members. Members ask questions about each other’s lifelines.

### Collages:

Members can work on individual collages or as a group on one project from magazines cut out pictures, words, articles that somehow reflect a theme. It would be the goals/purpose of the group, a personal collage, how we want to work together, our accomplishments, etc.

### Positive Bombardment (of Feedback):

One member is selected to be the recipient of positive feedback from the rest of the group. Once everyone has had a chance to give that member the “gift” of feedback, another person is chosen and the process is repeated.

### Mirror Images:

- Two persons are instructed to stand facing each other
- One person is selected to go first
- The person does hand motions that the other person must mirror with their own hand(s)
- The roles then switch

### The People Lift:

- This exercise needs at least 9 people
- One person volunteers to go first
- The volunteer lies down on the floor with a soft pad of foam rubber underneath them
- The rest of the group surrounds the person on the floor
- The group on the count of three lifts the person slowly up and over their heads being very careful to support all parts of the volunteers body
- The person in the middle thinks of light things, i.e. clouds, cotton candy, balloons, etc.

### The Tinker Toy Competition:

- The group leader brings a box of tinker toys and divides the pieces into 2 equal groups
- The people in the group also divide into two equal groups
- Each group of people is given the tinker toys, and given the following instructions:
  1. You have five minutes to create the tallest structure you can with the pieces given to you
  2. You then have an additional 5 minutes to build the longest structure
  3. The “winner” gets a prize

### The Cookie Machine:

- A minimum of 10 people are necessary to do this exercise
- Divide the group into 2 equal groups
- The groups need to get into two straight lines facing each others and choose a partner across the way
- The groups face each other with their arms facing up and interlocking with their partner’s arms, but not holding onto each other
- A volunteer is selected
- The volunteer lies on top of the outstretched arms with their faces toward the ceiling
- The person selects their favorite cookie
- The group proceeds to toss the person gently from the beginning of the line to the end
- A new volunteer then takes the first person’s place
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### The Birthday Gift:

The birthday person is invited to come to the front of the group and conduct their own version of the song “Happy Birthday”

### The Birthday Gift (Continued):

The person can emphasize different parts of the song, having the group singer higher or lower key, changing tempo or anything else they want to do.

### M & M's

- Everyone loves M&M's when the group is meeting for the first time, bring a large bag of M&M's to introduce the group to each other
- Have the group sit in a circle
- Pass the bag around the circle and ask people to help themselves to the M&M's but not eat them yet
- When the bag has been around the full circle, each person must tell one thing about themselves for every M&M they took

### The Egg Toss:

- This is an outdoor activity
- A group of people are asked to have people find a partner and face them
- The whole group is now asked to line up into two straight lines facing each other
- Each pair is given one egg (not hard boiled)
- All the people in the top group are given an egg
- The two lines are asked to stand 5 feet away from each other
- The person with the egg tosses the egg to their partner
- The partner hopefully catches the egg and then moves another 5 feet away from their partner and throws the egg back to their partner
- The distance widens as each toss happens
- The winners are the last team to catch the egg without having it break

### The Blind walk:

- Each person in the group chooses a partner
- One person in the pair is given a blindfold to wear
- The person who is not blindfolded is asked to lead their partner around an area that includes stairs, sidewalks, grass, trees and other environmental elements
- The partners switch roles after a specified amount of time, usually 5- 10 minutes

### Hum That Tune:

- Each person in the group is given a small piece of paper with the name of a nursery rhyme or other song written on it
- Examples: Row, row, row your boat, Rock-a-bye, etc.
- All the people who are given the song must hum that tune and find everyone else in the group singing that same tune

### Sentence Signs:

- A list of 10-15 sentence stems are given to each person in the group
- They are given a specified amount of time to write down their responses
- The group is then taken through each sentence stem and asked to share their answers with the group
- People are not pressured into answering questions they do not feel comfortable sharing with the group
- Some examples:
  - o The definition of a good roommate is...
  - o The kind of environment I like when I study is...
  - o The best way to describe my family is...
  - o My favorite thing to do is...

### Count Coup:

Count Coup is an ongoing tag that you can initiate the first meeting of the group. You tell the group that one of them is "it" (pick someone right there). The object is to not be "it". The "it" may tag another person in any way they like, i.e. touch, telephone, sight, mail, a note, through a friend, etc. So long as the new "it" is aware they are now "it". The game can last for as long as you wish and makes for a lot of laughs and funny stories. The group need not know who "it" is so the surprise factor is increased and on-going. It may be distracting to start the game during the beginning of the meeting, so save it till the end. There are no rules and no limit to the number of times the "it" can change in any given time period.

## **Team Building**

“Human beings possess the unique capability of working together to produce a result that is greater than the sum of the individual talents which enter into the task.” (Joe Paul)

We can increase the possibilities for productive output for a group through the use of teambuilding. Teambuilding is a two step process by which groups or teams first focus on barriers to effective group work and purpose, and then enact changes to remove barriers and improve group effectiveness.

1. Through teambuilding group members are given the chance to examine the way they interact and relate to one another.
2. Members can observe the group process, how they work together as a team and how they work as individuals within the team.
3. Members can observe the way decision are made and implemented.
4. Members can increase the confidence and trust that they have for one another.
5. Teambuilding can help members realize the amounts of power and influence individual members hold and the ways the power can be used.

Team builders can make group members more comfortable with one another, make individuals feel as though they are part of the group, help members gain trust for one another, and teach members how to work together as a group.

Groups may have a tendency to suppress open expression of feelings. Team builders create communication and build a cohesive, supportive, trusting group where members feel free to express feelings and ideas. As members develop trust and feeling of belonging to the group they make a commitment to the group and take responsibility in group participation. As group members get involved things begin to happen and the group begins to accomplish and produce “greater than the sum of the individual talents” in the group.

## Instructions for Group Exercises

### Blind Polygon:

- Object:** For a group, wearing blindfolds, to form a perfect square and a triangle (with one 90 degree angle) using the given length of rope.
- Rules:**
- 1) All participants must have at least one hand on the rope at all times
  - 2) All participants must remain blindfolded until the task is completed.
- Procedure:** Ask the participants to form a circle and put on their blindfolds. Give them the rope. Ask each person to grab hold, and then, as a group, to form a perfect square. When they believe the task is accomplished, they are to stand in position and remove the blindfolds. Using the same procedure, ask them to form a geometric shape you think possible with the group. Use the same procedure for each shape.

### Inner Tube Pass (Squeeze):

- Object:** To get all members of a group through an inner tube (two at a time) in relay fashion without breaking the circle. Task should be completed as quickly as possible.
- Rules:**
- 1) Group members must not break their circle.
  - 2) If the circle is broken, the group starts over.
- Procedure:** Divide participants into two equal groups (may require one of the facilitators joining in). Have the two groups make two circles by joining hands—one circle inside the other and the other circle facing the other. Participants will pass through the tube with the person facing them. Both must pass through the tube at the same time without breaking the circles. Break the two pairs of hands and rejoin through the tube. At a designated signal, the exercise begins. If this task is completed with time to spare, have the two circles turn face to back or back to back and try again.

### Bump:

- Object:** In sub-groups of three, to throw, catch and then transport a knotted towel to an empty container and then deposit the towel in the container. Play resumes until everyone on the relay has been a thrower.

### Hand Across:

- Objective: To untangle the mass of humanity into a straight line without any twists and without releasing hands.
- Rules:
- 1) The team must first form a circle
  - 2) At random, each person shakes right hands with somebody else in the circle.
  - 3) Now shake left hands with someone else in the group—preferably not right beside them.
  - 4) The facilitator will separate one handshake and the team must untangle itself without letting go of one another.

### Blackboard Sentences:

- Object: This exercise asks the participants, working in teams, to race against one another to formulate a sentence to which each team member has added a word. This icebreaker is effective at any time during a learning program.
- Rules:
- Time Reference: Approximately 7 to 10 Minutes
- Group Size: Best suited for a group of 25 or fewer participants. If the group contains more than 25 participants, three teams may be formed.
- Space Required: A room that is large enough to permit the unrestricted movement of the learners.
- Materials Needed: For each team, a blackboard and a piece of chalk of a sheet of newsprint (taped to the wall) and a marker.

### Procedure:

1. The trainer begins by explaining that, working in teams, the participants will be competing to see which team is the first to complete a group sentence.
2. Next, the participants are asked to divide into two teams. If the group contains an uneven number, one of the participants may compete twice.
3. The group leader sets up blackboards for each team or tapes two pieces of newsprint to the wall.
4. The teams are then to line up 10 feet from their blackboards or sheets of newsprint.
5. After giving the first person in each team's line a piece of chalk or a marker, the trainer explains the rules of the game:
  - a. each of the team members is responsible for adding one word to his/her team's sentence. (If the teams are uneven, one participant will be competing twice.)
  - b. The first person in each line is to come forward and write the first word of his/her team's sentence. After doing so, he/she/ returns to his/her team, gives the chalk or marker to the next

- player, and then goes to the end of the team's line. (No pre-planning) of sentences is allowed.
- c. The next player then comes forward, adds a word, returns to the line, and so on until the last team member completes the sentence. (The sentence must contain the same number of words as there are members on the team.)
  - d. A player may not add a word between words that have already been written.
  - e. The final result must be a full sentence-not a fragment.
  - f. The winner is the team that is the first to build a full sentence using words contributed by all of its members.
6. After explaining the rules, the trainer gives a signal, and the race begins.
  7. The exercise continues until both teams have finished their sentences. The trainer then reads the sentences out loud.
  8. The group leader may wish to process the activity with a discussion on the most serious aspects of the exercise, i.e. the value of anticipatory thinking, the individual cooperating in a group task, etc.

### "39" Steps":

#### Rules:

1. Grab a partner you do not know. Introduce yourself. Find out the school and position of the other person.
2. On my signal, yell out as loud as you can a number between 1 and 20.
3. Go.
4. Now, add the two numbers together.
5. Turn back-to-back
6. Jump up and down the number of your total figure
  - a. Count out loud as you go
  - b. Begin

### Stand-Ups (2's, 4's, 8's)

Object: For people to lean against each other and help each other up

#### Rules:

- Now sit down back-to-back
- Link arms at the elbow
- Stand up
- Grab another pair
- Introduce everyone and where they are from
- Sit down in a circle and face outwards so all your backs are in the center.
- Link arms at the elbow
- You need to stand up as a group. Read, go
- Now grab another group as you have 8 people
- Sit down, link arms and stand up

Spell "Leader":

- Oh, no! There are invisible aliens over head. They will attach us unless they know we are from LEADER
- Quickly, each group spell out the letters LEADER with your bodies on the grass
- Hurry!  
(Give all groups a chance to "show off" how they worked out this task.)

Laps/Backrubs:

- everyone get into one large circle all facing counter clockwise
- Get real close together
- Move in towards the center until the circle is tight and symmetrical
- Put your hands on the hips of the person in front of you
- Be sure to introduce yourself to the person in front and behind you
- On the count of 3, sit down on the lap behind you
- We will stay seated for only 2 seconds
- Ready? 1,2,3
- Have group practice setting a couple more times. Each time lengthen the time a bit
- Once they have it down, tell them they are going to learn to walk
- Have them sit on your command, move one foot at a time
- Use commands "left  
and "right" in a very slow rhythm
- If the group collapses too soon, have them repeat the process until successful
- Now have the m stand up, get back in the circle and give shoulder massages to the person in front of them
- Have them turn around and give a massage to that person

## Programming Ideas you Might Try

Aerobics  
Eating Disorders  
Study Breaks  
Dinner with Faculty  
Sexual Assault Awareness  
Escort dinners  
Pen pal exchange  
Dollar night at the movies  
Theatre party  
Intramural activities  
Cartoon breakfasts  
Relationships  
Egg roll party  
Hackie sack demonstration  
Attending athletic events  
Values clarification  
First aid class  
Fit stop program  
Intra floor tournaments  
Tutoring sessions  
Math module study groups  
Holiday decorating  
Song-a-long  
Career information  
Interviewing skills  
Resume writing  
Summer job fair  
Computer class  
Art show  
Stress management  
Relaxation workshop  
How to build aloft  
Fire and life safety  
Alcohol information Ski clinic  
Stereo maintenance  
Bicycle trips  
How to make mocktails  
Roller skating party  
Bowling tourney  
Time management  
Films  
Recycling  
Whirlball  
Miniature golfing  
Baby picture-guess who  
Sex bowl Color analysis  
Secret pumpkins  
Floor slide show  
Floor retreat Eating for the health of it  
Horseback riding  
Roommate relationships  
Study abroad/semester at sea  
Haircutting demonstrations  
The Peace Corps  
Bog brothers/big sisters  
Adopt a grandparent  
Community clean up  
Political discussions  
How to change majors  
Floor campout  
White elephant gift exchange  
Tuck-ins  
Ice cream social  
Slumber party  
Message demonstration  
Floor fishing trip  
Wilderness survival  
Birthday parties  
Polaroid party  
Marshmallow party  
Sponsor a run  
Floor talent show  
CPR course  
Self-defense  
Pre-registration for classes  
Income tax  
Cult awareness  
Test files  
Class directory  
Floor mural  
Wiffle ball tourney  
Floor exchange  
Wellness discussion  
Student Assistant exchange  
Team builders/energizers  
Break dancing clinic  
Country swing workshop  
Airband contest

Beach party  
Wake-up breakfast  
Homecoming activities  
Guest speakers  
Treasure hunt  
Oriental cooking  
Photography contest  
Package from home parties  
Floor fundraising  
Birth control workshop  
Trivial Pursuit contest  
Family weekend programs  
Weight lifting demonstration  
Last Lecture Series  
Musical talent  
Volunteering in the community  
Physical fitness program  
Environmental awareness  
Faculty/student discussions  
Activities fair  
World development problems  
Emergency first aid  
Native American  
Bartending  
Yoga-biofeedback  
Woman Awareness  
Self-defense  
Human sexuality  
Retreats  
Study habits  
Death & Dying  
Leisure activities  
Outdoor recreation  
Gym demonstration  
Arts & Crafts fair  
Bread making  
Paint party  
Musical festival  
Poetry workshop  
Fashion show  
Vegas night  
Thanksgiving dinner  
Anything goes competition  
Miss a meal charity

Plants for the aged  
Astrology  
Handwriting analysis  
palmistry  
Women (loneliness, career, dual-career-marriage)  
Cold cruel world- income tax, buying a home, applying for loans  
Flea market  
Backpacking trip  
Insurance how's and why's  
Bible studies  
Comparative religion discussion  
Arts and crafts display  
Jam sessions  
Plant workshop  
Energy conservation  
Stereo and Radio care  
Renting apartments  
Finding a grad school  
Subliminal advertising  
Anti-racism  
Alcoholism  
Dreams & fantasy  
Rape prevention  
Sex and Dating Game  
Nutrition  
Speed reading  
Resume preparation and job search  
Peer assistance  
Canoeing  
"Old" dances -jitterbug  
Leather craft  
Bike repair  
Christmas crafts  
Art shows  
Mini-Concerts  
Coffee house  
Talent show  
Semi-formal dinner/dance  
Halloween costume contest  
Book exchange  
Christmas party for under-privileged  
Crisis intervention

## Athletic

Air Hockey Tournament	Fishing Club
Archery Contest	Floor or Wing Tournament
Arm Wrestling Tournament	Fly Catching Contest
Athletic Forum Hours	Flying Club
Baseball Tournament	Football Clinic
Badminton Tournament	Foosball
Basketball Card Club	Football Highlight Films
Basketball Dribbling Marathon	Football Forum for Women
Basketball Tournament	Football Tournament
Bicycling	Frisbee Contest
Bicycle Marathon	Frog Catch
Bicycling	Frog Jumping Contest
Bike Riders Club	Golf Driving Race
Cage Ball	Golf Tournament
Canoe Race	Grand Prix Go Cart race
Canoe Trip	Greek-Residence Hall Games
Card Party	Gun Clubs
Car Rally	Gymnastics Club
Chartered Bus Trips	Hall Invitational Tournaments
Checkers Tournament	Handball Tournament
Chess Lessons	Hide 'N Seek
Chess Tournament	Hopscotch
Cliff Repelling Club	Horseback Riding Club
Coed Activities	Horseshoes
Coed Softball	Hula Hoop Contest
Tournament	Human Kite
Cook Out	Flying
Co-Recreation Night	Hunting Club
Corvette Club	Ice Hockey
Croquet	Ice Skating
Cross Country Marathon	Interhall Tournaments
Curling Tournament	Isometric Classes
Dance Lessons	Jacks Contest
Darts Contest	Jogging Club
Dawn Bike Ride	Judo Club
Dominoes Marathon	Jump Rope Contest
Donkey Basketball Game	Karate Club
Donkey Softball	Karate Demonstration
Egg Pitching Contest	Kickball
Egg Toss	Kite Flying
Exercise Club	Little League Sponsor
Faculty-Student Athletics	Laundry Cart Relays
Fencing	Log Rolling
Finger Ball Tournament	Lumberjack Day

Marshmallow Eating Contest  
Monopoly Tournament  
Motor Cycling Group  
Mountain Climbing Club  
Mud Pig Catch  
Paper Plane Contest  
Parachuting  
Physical Fitness Club  
Pie Eating Contest  
Pinball  
Poker Club  
Pool Club  
Pool Tournament  
Power Puff Football  
Rat Races  
Racquetball Tournament  
Recreation Area  
Residence Hall of Fame  
Rick Tournament  
Road Rally  
Rodeo Club  
Sack Races  
Scuba Diving  
Seed Spitting Contest  
Skiing  
Sky Diving Club  
Sledding party  
Soap Box Derby  
Soccer Tournament  
Softball Tournament

Snow Ball Fight  
Snow Mobile Club  
Snow Skiing  
Spades Tournament  
Sports Movie Week  
Spring Olympics  
Steam Bath  
Student-Staff Games  
Summer Olympics  
Swim Night  
Swimming Lessons  
Table Tennis Tourney  
Tennis Tourney  
Three Legged Race  
Tricycle Races Tug-O-War  
Turtle Races  
Turkey Shoot  
Tether Ball  
Touch Football  
Volleyball  
VW Pushes  
Walk Marathon  
Water Balloon Fight  
Water Fight  
Water Polo  
Water Skiing  
Wheelchair Basketball  
Wrestling Club  
Yell Contest  
Yo-Yo Club

### Cultural

Acupuncture Discussion  
African Art  
Afro-American Cooking  
All Hall Concert  
Amateur Film Making  
American Indian Pow Wow  
Antique Collecting  
Anti-Smoking Forum  
Anti-War Programs  
Appliance Safety Information  
Armed Forces Awareness  
Arrowhead  
Collecting

Art Sale  
Arts and Crafts  
Art Show  
Astrology  
Awareness Groups  
Band Party  
Basic Encounter Group  
Bee Keeping  
Bible Study  
Big Brother/Big Sister  
Birth Control Information  
Black Cosmetic Information  
Black Dance Hour

Black Film Series  
Black Jazz Festival  
Black Poetry  
Black Spiritual  
Book Collection Club  
Boy Scout Troop  
Bridal Show  
Bridal Fair  
Campus Beautification  
Can Collection  
Can and Dime Dance  
Candle Making  
Canned Food Drive  
Carnival  
Cartoon festival  
Ceramics  
Choral Groups  
City Council Speakers  
Coin Collecting  
Collage Interest Group  
College Bowls  
Comic Book Collection  
Communications Workshop  
Community Service  
Concerts  
Contrast Art  
Counseling Workshop  
Cooking Group  
Crocheting  
Cultural Art Festival  
Cultural Lectures  
Cultural Week  
Day in the Country  
Dear John Letters  
Death Recognition Series  
Decoupage Demonstration  
Disney World  
Deaf Awareness  
Drug Education  
Eater Egg Hunt  
Ecology Day  
Ecology Week  
ESP Club  
Ethnic Committee  
Faculty Hobby Show  
Finance Seminar

Farm Visit  
Fashion Show  
Filed Trips  
Film Festival  
Floor Activities  
Folk Dancing  
Folk Music  
Food for the Poor  
Foreign Film Festival  
Foreign Language Floors  
Forum Hour  
4-H Club  
Fruit Baskets  
Fund Drive for Charity  
Glass Blowing  
Glass Sculpture  
Glee Club  
Graffiti Door  
Group Theatre Parties  
Gun Collecting  
Hall Beautification  
Hall Banquets  
Hall Improvements  
Hall Newspaper  
Hall Radio Program  
Handwriting Analysis  
Hard Rock Festival  
Historical Trips  
Horse Shoeing  
Hot Seat/Firing Line Discussion  
Human Relations workshop  
Human Sexuality Panel  
Hypnosis Lecture  
Indian Bead Collecting  
Industrial Art Club  
Informal Rap Session  
International Day  
Inter-Racial relations  
Insurance  
Italian Night  
Jazz Concert  
Jazz Festival  
Jewelry Display  
Jewelry Making  
Job Market  
Job Hunting Techniques

Junior College Transfers  
Language Group  
Leadership Training  
Leather Crafts  
Lectures  
Library Drive  
Literary Club  
Local Speakers  
Lounge Literature  
Macramé Demo  
Make-Up Demonstration  
Marathon Weekend  
Marriage Discussion  
Mechanics Club  
Mental Health Awareness  
Mental Illness Clinic  
Men's Fashion Show  
Metal Sculpture  
Military Weapons Display  
Mock Conventions  
Modeling School  
Museum Trips  
Music Appreciation  
Music Club  
Music Listening Room  
National Charity Project  
Mature Study Group  
Needlepoint Club  
Nostalgia Night  
Nutrition Club  
Opera Production  
Organ Lessons  
Organic Food Display  
Outside Hall Improvements  
Painting Group  
Palm Reading  
Parents Day  
Paper Drive  
Peace Corps  
Pet Show  
Philosophical Debate  
Photo Lab  
Piano Lessons  
Plays  
Poetry  
Political Awareness

Pottery Demo  
Prayer Meeting  
Pre-Professional group  
Quiz Night  
Record Club  
Religious Discussion  
Residence Hall Calendar  
Residence Hall Scrapbook  
Resume Writing  
Roaring Twenties party  
Rock Collecting Club  
Science Fiction Club  
Scrap Books  
Senior Citizen Contacts  
Sensitivity Training  
Sewing Class  
Silk Screening  
Skits  
Slide Show  
Snake Expo  
Snow Art  
Snowman Carving  
Song Books  
Soul Food Cookbook  
Soul Food Dinner  
Speakers  
Special Interest Groups  
Speed Reading Spirituals  
Spring Sing  
Stage Show  
Stamp Collectors  
Star Trek Club  
State Fair Trip  
Stereo Club  
Student Legal Rights Group  
Suicide Prevention  
Survival Guides  
Swap Shop  
Tap Dance Lessons  
Tape and Record Exchange  
Taxidermy Club  
Theme Dinners  
Travel Bureau  
Train Trips  
Tree Interest Group  
Trivia Contest

Trust Circle  
University Orchestra Night  
University Problem Session  
Vehicle Safety Check  
Vietnam Veterans Day  
Visiting Day  
Voter Information

War Discussion  
Weaving Demo  
Western Night  
Witchcraft  
Women's Issues  
Wood Carving Group  
Woodstock Week

### Social

Adopt a Grandparent  
Alcoholics Anonymous  
All-Hall Activity Day  
All Night Movies and Cartoons  
All Time Top 50's  
Animal Show  
Apple Bobbing  
Auto Club  
Baby-Sitting Service Club  
Back Rub's Sale  
Back to Your Childhood Weekend  
Backwards Day  
Barbeque  
Barbwire Collecting Club  
Barn Tearing Down  
Bazaar  
Beach Trip  
Beard Growing Contest  
Be Kind to Roomie Day  
Be Nice Day  
Big Sister Program  
Bike-Hike Picnic  
Bingo Night  
Bird Feeding  
Birthday Cake Service  
Birthday Parties  
Birthday Party on Hall's B-Day  
Black Jack Party  
Black Magic Night  
Blind Date Drawing  
Block Seating for Football Game  
Board Game Night  
Body Painting  
Booster Club  
Bonfire Party  
Bottle Drive  
Breakfast Party

Bridge Club  
Brother-Sister Weekend  
Bubble Gum Contest  
Bulletin Board Contest  
Cabin Part at Parks  
Cafeteria Exchange Groups  
Cake Walk  
Can and Dime Dance  
Candy Sale  
Carmel Apple Sales  
Car Destruction  
Carnival  
Car Painting Contest  
Car Parade Car Wash  
Car Wax  
Carnival  
Casa Nova Contest  
Casino Night  
Cave exploration Club  
Chess Club  
Chess Lessons  
Chinese Auction  
Charity Projects  
Children's Home Visits  
Christmas Caroling  
Christmas Dinner  
Christmas Gift Exchange  
Christmas in July  
Christmas Party-Underprivileged  
Cinema Productions  
Citizen's Night  
Clothes Exchange  
Coffee Bar  
Coed Pajama Parties  
Coffee House  
Coin and Money Collecting  
Come As You Are Party

Community Action Programs  
Cooking Room  
Cook Out  
Cooking Contest  
Costume Dance  
Crossword Puzzle Contest  
Dad's Weekend  
Dances  
Dancing Lessons  
Dating Game  
Dating Party  
A Day in the Country  
A Day with the Staff  
"Do Your Thing" Night  
Driftwood Collecting  
Dr. Pepper Drinking Contest  
Donut and Coffee Party  
Easter Egg Hunt-Underprivileged  
Egg Eating Contest  
Egg Pitching Contest  
Exchange Nights  
Exchanges  
Exchanges Between 2 Colleges  
Faculty-Floor Involvement  
Faculty Orientation  
Faculty-Spouse Dinner  
Faculty Visitation  
Fan Club  
Farmer's Ball  
Father-Daughter Games  
Father's Breakfast  
Field Trips  
50's Dance  
Nifty-Fifty Party  
Flea Market  
Float Building  
Float Trip or Canoe trip  
Floor Banquet-High Achievement  
Floor Lounge Decoration  
Floor Meetings  
Floor Naming Party  
Floor Scrubbing  
Floor Slumber Party  
Fly Catching Contest  
Folk Dance Party  
Folk Sing-In

Fondue Party  
Food Co-Op  
Football/Basketball Bus  
Foster Child Plan  
Freshman Welcome Wagon  
Fundraising  
Garbage Can Painting  
Godfather Dinner  
Graffiti Wall  
Greased Pig Contest  
Greek Hall Party  
Group Talk Session  
Hall Pool Table and Pinball  
Hall Service Recognition  
Hall Stationary  
Hall T-Shirts  
Hall week  
Hamburger Eating Contest  
Ham radio Operators Club  
Hay Ride  
Heart-O-Gram  
High School Visitation  
Hoe Down  
Holiday Parties  
Home for the Aged Visit  
Homemade Ice Cream Party  
Honors Banquet  
Honor the Maid Day  
Hootenanny Ice Cream Parties  
Ice Sculpture Contest  
Ice Skating Party  
Informal Coffee  
International Student Picnic  
Iron Your Shirt-Paint Your Room  
Jam Sessions  
Jazz Concert  
Jazz Festival  
Jell-O Painting Party  
Joke Sheet  
Kazoo Band  
Kite Flying Party  
Knitting Interest Group  
Kool Interest Group  
Kool Aid In  
Lake Clean Up  
Large Group Get Together  
Letters to Servicemen/women

License Plate Collecting  
Little Brother-Sister Weekend  
Little Vegas Night  
Loan System Lonely Hears Club  
Longest Hair Contest  
Love-A-Gram  
Lovebug Catching  
Luau  
Magic  
Marathon weekend  
Marshmallow Roast  
Mass Letter Writing to War Zones  
Message Marathon  
Masquerade Party  
Meal-A-Month Project  
Meditation Marathon  
Military Uniform Collecting  
Model Airplane Club  
Mom's Weekend  
Most Creative Door Contest  
Most Creative Room Contest  
Mountain Climbing trip  
Mum Sale for Parent's Weekend  
Musical Chairs  
Musical Hats  
Mustache Contest  
Naval Party  
Night Gallery Party  
Night with Counselors  
Nostalgia Night  
Numbers Game  
Office Hours in the Hall  
Old Home Day  
Oldies but Goodies Night  
Old Peoples Homes Visits  
Open House for Townspeople  
Orienteering  
Paint Party  
Pajama Party  
Pancake eating Contest  
Paper Airplane Contest  
Parachuting Club  
Parents Day Variety Show  
Parent's Weekend  
Pattern Exchange  
Penny Night

Pen Pal Club  
Pet Display  
Pet Shop  
Pet show  
Picnics  
Pie eating Contest  
Pinochle Club  
Pizza Party  
Political Science Club  
Poolside Dance  
Popcorn Party  
1890 Popcorn Store  
Potato Sack Contest  
Potluck Dinner  
Prayer Breakfast  
Presidential Dinner  
Program Party  
Puppeteers  
Quiz Bowl  
Rat Racing  
Record Trading Club  
Record Party  
Recycling Can Contest  
Refrigerator Sales/Rentals  
Religious Sing-A-Long  
Residence Hall Cookbook  
Residence Hall Fireworks Night  
Residence Hall of the Year  
Residence Hall of Fame  
Residence Hall Rodeo  
Residence Hall Week  
Risk Tournament  
Riverboat Ride  
Roaring Twenties Party  
Rock Festival  
Roommate Game  
Rummage Sales  
Sadie Hawkins Dance  
Scrap Rug Party  
Seed Spitting Contest  
Senior Citizen Day  
Senior Sneak  
Senior Weekend  
Service Project  
Sewing Machines  
Shaving Cream Fight

Shopping Excursions  
Sign Making Committee  
Skin Contest  
Sit Committee  
Solo Club  
Soul Food Dinner  
Special Meals Away From Campus  
Sponsor Orphans  
Sports Banquet  
Sports Groups  
A Spring Fling Weekend  
Spring Formal  
Spring Sing  
Staff-Student Breakfast  
Staff-Students Switch Off  
Stamp Collectors Club  
State Fair Trip  
Stereo Club  
SA/PA Biography Information  
SA/PA Co-educational Exchange  
SA/PA For a day  
SA/PA Exchange Program  
Stuffed Animal Party  
Summer Fling in Winter  
Switch Role Day  
Taffy Pulling Party  
Talent Shows  
Telephone Booth Stuffing  
Telephone Time  
Television Watching  
TGIF Parties  
Theme Dinners  
This is Your Life  
Tie-Dye Contest

Toad Jumping Contest  
Town Tours for New Students  
Travel Club Travel Fair  
Train Trips  
Treasure Hunts  
Trick or Treat (in the Hall)  
Tropical Fish Club  
Trust Circle  
Truth or Consequences  
T-Shirt Painting  
Turn About Days  
Tutoring Community Children  
Twisting Night  
Typing Committee  
UNICEF Drive  
University Exchanges  
Vacation Trips  
Valentine Making Contest  
Valentine Dance  
Valentine Party  
Variety Show  
Video TV Tapes  
VIP Breakfast in Bed  
Visiting Day  
Watermelon Feed  
Wedding Showers  
Welcome Week Activities  
Western Night  
Wet Suit Club  
Window Painting Contest  
Window Decoration Contests  
Winter Olympics  
Workshop Areas  
Yard Party