

TEAM BUILDING

Here is a great list of resources we found online for team building activities. We have listed a few of our favorite games. Please let us know your favorite!

- <http://wilderdom.com/games/InitiativeGames.html>
- <http://www.oakharborcheer.com/TeamBuildingGames.html>
- <http://www.livestrong.com/article/195883-team-building-exercises-for-groups/>
- <http://www.livestrong.com/article/248167-team-building-exercises-in-training-development/>
- <http://www.livestrong.com/article/194980-outdoor-activities-for-team-building/>
- <http://www.squidoo.com/team-building-games-for-adults>
- <http://www.squidoo.com/team-building-activities-for-workplace>

ACTIVITIES

Part I- Warm Ups/ Icebreakers

Name Game- Have everyone form a circle standing up. The first person begins by saying their name and a making a motion or symbol to represent his/herself. The next person repeats the name and symbol of the person before them then adds their own name and symbol. The next person repeats the names and symbols of everyone preceding them before adding their own. This repeats until everyone in the circle has gone.

Rock, Paper, Scissors- Have the group break up into pairs. Pairs will introduce themselves, and play a game of “Rock, Paper, Scissors” against each other. Losing individuals must cheer for the winner, using their name, in another match. Winners keep playing, and collecting cheerers. This will continue until everyone is on one team, or has played

Two Truths and a Lie- Have each person think of three statements about themselves that no one else in the room already knows. Two must be true statements and one should be a lie. Take turns in the group having each person share their three statements and voting on which one was the lie. This activity is a great way for people to learn some fun things about each other that don’t come up in everyday conversations.

“Make a Team with...”- Explain to the group that when you shout out an instruction, the participants must build a team as quickly as possible according to the instructions. Examples of instructions include: “get into a team of three”, “get into a team of two”, “get into a team of people with the same shoe size”, “get into a team of people who have the same number of siblings”, etc.

Part II – Team Building Activities

Mine Field- Have the group break up into pairs. Objects are scattered in an indoor or outdoor place. In pairs, one person verbally guides his/her partner, who is blindfolded, through the minefield.

Drawing Twins- Divide the group into pairs. One member of each pair is given a picture that they cannot show to their partner. The person with the picture must give their partner instructions, without saying what the image is so that their partner can draw the image. After the person has completed the image, it is compared to the original image. Each pair then swaps roles and the drawer becomes the instructor and vice versa.

This activity can also be done in larger groups where one person is describing the image and instructing multiple people

Materials: Pen, paper, simple line drawn pictures (kite, house, tree, face, stick figure, etc.)

Pass the Stone- Have the participants sit in two parallel lines, about two feet apart, facing each other. Each line should have the same number of people. Each line receives a small stone, which is passed (or appears to be passed) down the line. Each person can pass the stone or just appear to have passed the stone. Hands must be kept in front of the body. Both lines “pass” at the same time. The participants should be watching the other team, not their own, to see if they can figure out where the stone stops. When the “passing” reaches the end of the line, each group has to decide as a team who on the other team has the stone. The first person on each line presents the team’s choice. The team that guesses correctly receives a point. The head of the line moves to the end and this repeats until everyone has had a chance to lead the line. Between rounds teams can be given planning time to emphasize team strategy. For larger groups, additional lines can be made.

Materials: Small stone, marble or coin for each group

Broken Email- Divide the group into smaller teams with an equal number of people in each. Have the teams line up in a straight line in front of their respective pieces of paper on the table. Instruct them that there is to be no talking. The person furthest from the table on each team is shown a simple

image, which we call the "email". The image is then taken away. Once one person from each team has seen the image, he/she must then draw that image with their finger on the back of the person in front of them. That next person draws on the back of the person in front of them what they think the person behind them drew on their back. It continues down the line until it reaches the person standing at the table with the paper and pen. That person draws the image on the piece of paper. Once all teams are finished, the original image or "email" is revealed. The team who finishes first, and draws the correct image wins the game.

Materials: Table, paper, pens or markers, simple images (heart, tree, star stick figure, smiley face, etc.)

Birthday Round Up – Instruct the participants to silently line up by birthday, month and day only, from January to December. A variation on this activity is to ask the group to line up silently by height.

Big Foot- Have everyone line up in a straight line, and then blindfold everyone. Instruct them to re-organize themselves according to shoe size without stating their shoe size to each other.

Materials: Blindfolds

Count Off- Begin by having the group stand or sit in a circle. The goal of this activity is to have the participants count to a number twice the number of people in your group. Participants can only say two numbers during the entire game. Also, only one person can say a number at a time. If two people say the same number, the group must begin counting again.

Hula-Hoop Circle- Have all participants stand in a circle facing each other. Instruct all players to join hands so that they form a closed ring. Break the ring momentarily to place a hula-hoop around the arm of one player. Instruct the group to pass the hula-hoop all the way around the circle without letting go of each other's hands. Once the group passes the hula-hoop around the circle successfully, create an added challenge by imposing a time limit or adding more than one hula-hoop to the circle.

Materials: Hula-Hoop(s)

Human Knot- Have all of the participants stand in a circle and put their right hand into the middle. Participants should then clasp hands with someone

across the circle. Then, have participants put their left hand into the middle of the circle and clasp the hand of a **different** person. The group should then be in a “knot”. The object is for the group to untangle itself without releasing anyone’s hand.



Blind Polygon- Have the group form a circle with arms outstretched, drop hands and sit down. Team members should then put blindfolds on. The facilitator then places a rope in the middle of the circle. The group is instructed to form a perfect square with each team member holding on to the rope. No team member can let go of the rope. When group members feel the task is completed, they can carefully place their creation on the floor and take off the blindfolds to check the results. After completing this shape it is an option to have the group make additional geometric shapes, like pentagons, hexagons, etc. for added difficulty.

Materials: Rope (20-50ft), blindfolds for each person.

Pipeline- The challenge is to have the group transport a ball by pipeline from point A to point B in the fastest time possible. The participants may attempt the activity several times, planning for improvement between each round. The group must adhere to the following rules:

1. Every member of the group has access to only 1 piece of the pipeline

per round and the ball must pass through each person's piece at least once.

2. Pieces of the pipeline cannot overlap
3. Participants cannot touch the ball at any point
4. The ball must be kept in continuous motion at all times
5. If the ball is dropped or the rules are broken, the group must begin again at point A with the clock running
6. Participants cannot move their feet when the ball is in their piece of the pipeline
7. The ball must stay in the pipeline

Materials: 10 – 15 pieces of various piping (PVC pipe, styrofoam, wood, etc.), 1-2 marbles, 1-2 golf balls, several cones for marking, bucket

Setup- Clearly mark point A and B approximately 18 ft. apart (length = 3' x number of participants) with a bucket at point B. Create a bend in the path by marking the center with cones for added difficulty.

Human Dragon- Divide group into teams of 6-8 individuals. Each team designates the "head" person and a person to be the "tail " section of the "human dragon". All other team members fill in behind the head of the dragon by holding on to the person in front of them at the shoulder. The goal of the activity is to have the head of each dragon attempt to tag the tail of any other dragon team. Only heads of the dragon can do the tagging because all other team members must remain connected (with two hands) to their teammates. Players attempt to avoid having their team's tail be tagged and skillfully attempt to shield their tail from other dragons on the prowl.

Key Punch- The group must touch each number in sequential order as fast as possible under the time limit of 30 minutes. The group is given up to 5 minutes of planning time beforehand. Within the time limit the group is given 5 attempts to complete the task. Only one member of the group is allowed in the numbered area at a time. If a number is touched out of order or a number is skipped the group will receive a penalty.

Materials: 20-30 numbered markers, object(s) to mark starting/finishing point

Setup- Randomly lay out up to 30 numbered markers or spots within a set area to form a "keypad". Create a starting/finishing point approximately 10 yards beyond the area with the numbers so that participants cannot see the "keypad" before the first attempt.

Shepherd Game (Trust Walk)- One member of the group is chosen randomly to act as shepherd. The objective is to move the group from one point to another safely in an outdoor space. Each member of the team is blindfolded and attached to others by a piece of string, or by holding onto the shoulders of the person in front of them.

Materials: Blind folds, string, cones to mark boundaries and the starting and end point

Five-pointed Star- Have participants gather around a rope on the ground in the shape of a circle. Instruct participants to pick up the rope with both hands and then shape the rope into a 5 pointed star, with all the overlaps and crisscrosses (just like the kind you drew in elementary school). The team must take 4 minutes to come up with a plan and while they are talking they cannot start moving. Then the team must implement their plan (move) without talking, then plan again, then move again. Once they have moved through the four sequences and formed the best star possible they lay the rope on the ground and examine their handiwork.

Materials: Rope (20-50ft), blindfolds (optional)

Setup- Place the rope on the ground in the shape of a circle with the two ends of the rope tied together.

River Crossing- The object of the activity is to get all members of the group safely across the river. They must go as one big group, not multiple smaller ones. Also stress that everyone must be on the river before anyone can get off the river, forcing the entire group to be engaged at once. Participants cannot touch the water (floor/grass) and therefore must use rafts (cardboard squares) to cross. The water is filled with piranhas. Therefore if someone loses their balance and touches a hand in the water it gets eaten (put behind the back). If a person completely comes off the raft they are gone and since this is a team exercise everyone must start over. No scooting or sliding on the squares. Rafts must be in contact with a human at all times or they will be swept away with the current. Once the group has started the process, your role is to take cardboard squares that are “swept away by the current” and to watch for safety issues. When the first group members get to the other side immediately start to encourage them to hurry and get off the river.

Materials: 8.5” x 11” pieces of paper or cardboard (half as many squares as people in the group), 2 pieces of rope, making tape or cones.

Setup- Create a river by marking two riverbanks with the rope. Make the river wide enough to be a challenge for the group to get from one side to the other (look at about 15– 25 ft.). Distribute the cardboard squares – 1 piece for every 2 people.

Part III- Closing Activities

Spider Web (Option A)- Have the group sit in circle, as close together as possible. One person begins with the ball of twine. This person then says an interesting fact about himself or herself that no one else in the group knows and throws the ball of twine to another person in the circle, preferably not right next to them. This person then shares an interesting fact about themselves and then throws the ball of twine to someone else in the circle. This process continues until everyone in the group has shared and is holding onto a piece of the twine. After marveling at the web created by the group, participants must then deconstruct the web. This is done beginning with the last person who shared an interesting fact. This person passes the ball of twine back to whoever threw it to them initially. Before passing it back to the person before them, the person with the ball of twine must also try to remember to the best of their ability the interesting fact of the person that shared before them. This is repeated and the person who started with the ball of twine should end up back with the ball of twine once this activity is completed.

Materials: Ball of twine or yarn

Spider Web (Option B)- Have the group sit in circle, as close together as possible. One person begins with the ball of twine. This person then shares one thing they learned about themselves, then shares something they learned about another member of the group then passes the twine to them. This person then shares something learned about themselves, then selects someone else in the circle and shares something that they learned about that person and passes the ball of twine to them. This process then continues until everyone has shared and a web has been created. After marveling at the web created by the group, participants must then deconstruct the web. This is done beginning with the last person who shared an interesting fact. This person passes the ball of twine back to whoever threw it to them initially, and the people following do the same. This is repeated and the person who started with the ball of twine should end up back with the ball of twine once this activity is completed.

Materials: Ball of twine or yarn/

Motivational Quotes

“Perseverance is not a long race; it is many short races one after the other.”

-Walter Elliot-

“Life’s challenges are not supposed to paralyze you, they’re supposed to help you discover who you are.”

-Bernice Johnson Reagon-

“Our greatest glory consist not in never falling, but in rising every time we fall.”

-Oliver Goldsmith-

“One who fears failure limits his activities. Failure is only the opportunity to more intelligently begin again.”

-Henry Ford-

“Take calculated risks.
That is quite different from being rash.”

-George S. Patton-

“Success does not consist in never making blunders, but in never making the same one a second time.”

-Josh Billings-

“Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. If you haven’t found it yet, keep looking. Don’t settle...”

-Steve Jobs-

Tips for Facilitators

- **Create a non-threatening environment where participants feel comfortable participating in and contributing to group activities.**
- **Consider doing icebreakers/warm-up activities first to increase comfort amongst group members.**
- **Provide the group with clear, and when possible concise, instructions to avoid confusion during the activity.**
- **Encourage participation but do not force unwilling members to participate.**
- **Debrief after activities, perhaps not after every single activity, but after a series of activities or even at the end of the day.**

Activity Follow-up Questions

- **How did the group arrive at a solution?**
- **Did anyone assume a leadership role in this activity? If so who?**
- **Was everyone's individual voice heard?**
- **What were some challenges?**
- **How could this activity have run more smoothly?**
- **Did you find that the same people assumed leadership roles in each of the activities, or was there a mix of faces?**
- **How well were you able to communicate non-verbally?**
- **Did your communication improve from activity to activity?**