

Team Building Games

Lead Maddie Wilson

1. Human Knot:

Time: 10 minutes

Number of Participants: 5-25 people

Items Needed: participants

Goal: Team members must entangle themselves.

Team members should form a circle, and grab random teammates' hands. They cannot hold hands with the people standing directly next to them. They cannot hold two hands of the same person. Participants must untangle themselves without breaking their hold or letting go.

Follow up questions:

- Was there a leader who took charge?
- What was your thought process?
- Did you plan at the beginning? Did the plan change as time passed?
- What contributed to your success/ failure?
- How did you communicate to reach the goal?

2. Group Order by Birthday:

Time: 10 minutes

Number of Participants: 10-25 people

Items Needed: participants

Goal: Participants must be in a line in order by their birth month and day.

Everyone should try to organize themselves in a straight line in order by birthday (month and day.) The goal is to have everyone in the correct order starting with January and ending with

December. Everyone must stay silent and cannot speak or make noises. The goal is for participants to use their hands and body language to communicate their birthday.

Follow up questions:

- Was there a leader who took charge?
- What was your thought process?
- Did you plan at the beginning? Did the plan change as time passed?
- What contributed to your success/ failure?
- How did you communicate to reach the goal?

3. Memory Game:

Time: 10 minutes

Number of Participants: 8 people

Items Needed: participants

Goal: Be the team to remember the most items.

20-30 items will be placed and covered on a tray. Participants will make two teams of four people. Team members will be given 20 seconds to look at everything. The items will then be covered and the team will have to recite as many items as possible from memory. The team will be told to come up with a new strategy while the other team goes. Both teams will be allowed to look at the tray again. They must then recite as many items from memory again. The team who remembers the most items win.

Follow up questions:

- Was there a leader who took charge?
- What was your thought process?
- Did you plan at the beginning? Did the plan change as time passed?
- What contributed to your success/ failure?
- How did you communicate to reach the goal?

4. Blind Drawing:

Time: 25 minutes

Number of Participants: 4-30 people

Items Needed: paper, pencil, random everyday item

Goal: The artist must draw an item based only on the team's description of it.

Similar to Charades, but with a twist. Blind Drawing is a team-building activity that can be done in groups of 4-6. Each team must appoint one artist. Give the artist drawing materials and sit them with their back facing the rest of the team so they're not able to see the group.

The group then picks an item or picture from those supplied. They must successfully get the artist to draw this item or picture in 3 minutes. However they aren't allowed to tell the artist what the item is; they can only give indirect descriptions.

Say the team chose a photo of a bee. They can't say 'draw a bee' however they can give hints like 'buzz', 'yellow and black,' 'honey maker,' etc. The artist can not ask any questions and must draw only based on the descriptions.

When time's up, groups should compare their drawings. It can be comical to see how badly they can turn out. The game can get people laughing and highlights how difficult giving instructions can be and how important it is to communicate clearly.

Follow Up Questions:?

- Was the artist confused? What was their thinking process?
- What methods of communication worked best for your team?
- What leadership was demonstrated during the challenge?
- What did you learn from the challenge?

5. Puzzle Barter:

Time: 20 minutes

Number of Participants: 9-25 people

Items Needed: 3 different 50 piece puzzles

Goal: Be the first group to complete a puzzle.

Participants will be split into three equal teams of 4+ people. Each team will have an assigned puzzle they must complete. Each team has a different puzzle. Each Team has puzzle pieces from all three puzzles. Explain to all the groups that other teams may have the pieces they need to complete their puzzle. Members have to strategize, assign roles and barter with other teams to get their pieces they need to complete their puzzle first.

This activity offers a dual challenge: firstly they need to solve the puzzle in a short period of time, secondly they need to convince the other team to trade with them the necessary pieces.

Follow up questions:

- Did you assign people on your team specific roles? Was there a leader? A negotiator?
- What was your thought process?
- Did you plan at the beginning? Did the plan change as time passed?
- What contributed to your success/ failure?
- How did you communicate to reach the goal?

6. Telephone:

Time: 10 minutes

Number of Participants: 5+ people

Items Needed: participants

Goal: The last person in line should recite the phrase word for word.

The facilitator will pick a phrase. Team members must whisper the phrase to the next Arrowman in line. The goal is for the last person in line to recite the phrase word for word.

Follow up questions:

- How did communication play a role in completing the task?
- What contributed to your success/ failure?

7. Stand on Paper:

Time: 10-15 minutes

Number of Participants: 4-16 people

Items Needed: sheets of paper

Goal: Team members will be tasked with balancing all the team members on one sheet of paper for 30 seconds.

Participants will break out into groups of four people. Each team will be given a sheet of paper. The team will have to strategize on how they want to fit all their team members onto one sheet of paper.

Follow up questions:

- Was there a leader?
- What was your thought process?
- Did you plan at the beginning? Did the plan change as time passed?
- What contributed to your success/ failure?

8. Hula Hoop:

Time: 10 minutes

Number of Participants: 10+ people

Items Needed: two hula hoop

Goal: The fastest team to get the hula hoop to travel through the line of people wins.

Arrowmen will split into two teams. Team members will hold hands in a line. Everyone must travel through the hula hoop. The goal is to be the fastest team without stopping holding hands.

Follow up questions:

- What was your thought process?
- Did the strategy to win change as time passed?

- What contributed to your success/ failure?

9. Electric Fence:

Time: 15 minutes

Number of Participants: 10-15 people

Items Needed: Rope and two chairs

Goal: The entire team must cross over the top of the “electric fence” without touching it.

In this activity, you will create an “electric fence” that teams must cross over without touching. To create the fence, tie a rope to two chairs . The rope should be waist-height. Position the team on one side of the rope.

To get from one side to the other, members must go over, not under, one at a time. They also must be touching another member of the group with at least one hand at all times. Participants should not make contact with the electric fence at any time. IF they violate a rule, they must start the exercise all over again.

Because of the physical nature of this game (often team members will need to lift each other over the rope) it is not suited for people with back, knee, or ankle injuries.

Follow up questions:

- What was your biggest challenge crossing the fence?
- What did the group have to do or believe to be successful?
- What was one positive thing you learned about your teammates in the course of this exercise?
- What would you do differently next time?