

# Activity Ideas



# Teambuilding Activities



- 1) Name games
- 2) Getting to know you
- 3) Advanced Challenges

# Name Games

## Ball Toss Name game

This game is great if most of the students already know each other's names but you want students to practice saying names out loud.

### Instructions:

- 1) Have students form a chicken wing circle (elbow distance apart from each other)
- 2) As the instructor you will be the starting point. Tell group that with the first object we are going to toss it around and determine the order that the object will be tossed in. You must pass it to someone who has not yet received the object and you must remember who you passed it to and who passed it to you. When you go to pass the object you must strongly state the name of the person you are passing to
- 3) Determine the order of the first object. Repeat the order several times with that object. See how fast the group can complete it. If the object falls to the floor they must start again from the beginning.
- 4) Add in another object. This can either go in the same order or you can determine a new order for this object and participants have to remember the orders for each object.
- 5) You can continue to add as many objects as you want into the mix

### Materials needed:

- 1-3 objects that you can easily toss from one person to another. (balls stuffed animals etc)

### Debrief questions:

- What happened in this game?
- What did you do that made the game more successful?
- What was challenging?
- Why did we play this game?
- How was teamwork involved?
- How can you use the skill in this game in your everyday life?

# Name Games

## Memory Test

This game is great if most of the students already know each other's names but you want students to practice saying names out loud.

### Instructions:

- 1) Gather students in a circle.
- 2) Have each student think of a the favorite activity and an action to go along with it.
- 3) Start with one student have them say their name then their favorite activity and do the action that goes along with it.
- 4) Have everyone repeat
- 5) The next student either by themselves or with the help of the whole group has to repeat the name and action of the first person and then add on their own name and action
- 6) Continue around the circle repeating from the first person's action each time.
- 7) At the end see how fast someone can repeat all of the names and actions or see if anyone can repeat all of them on their own.

Variations: You can also do this without an action and they pick their favorite fruit, food, sport etc.

### Materials needed:

- No materials needed

### Debrief questions:

- What happened in this game?
- How did you feel about that game?

# Name Games

## Compass Name Game

- Have participants stand in a circle.
- One volunteer stands in the middle of the circle and starts the game as the “caller.”
- The caller points at a member of the circle and says one of the following: You, Me, Left, or Right.
- Based on which direction the caller says, the person being pointed at must correctly name that person. “You” is the name of the person being pointed at. “Me” is the caller. “Left” or “Right” are the people on the person on the circle’s left or right side.
- Once the caller points and says the direction, he/she must count to five aloud. The person must correctly identify the name before the caller reaches five.
- If the person in the circle incorrectly identifies the name, or doesn’t speak in time, that person becomes the new caller in the middle of the circle.
- If the person correctly identifies the name, the caller must move onto a new person of their choice.

## Materials needed:

- No materials needed

## Debrief questions:

- What happened in this game?
- How did you feel about that game?

# More Resources

- <https://www.ultimatecampresource.com/ice-breakers/name-games/>
- <https://ocde.us/EducationalServices/STEMandHumanities/AVID/Documents/icebreakers.pdf>

# Getting to Know You

## Human Knot

- Players stand in a circle and shake hands with random person, with each hand connected to a different person creating a network of entangled human bodies known as a “knot”
- The players now make an attempt to get their bodies out of the network but in doing so they must not let go of their hands.
- The game is ended after everybody has freed their bodies from the “knot”

As a facilitator, make sure no player is holding hands of an adjacent player as it will be too easy for that player to get out of the knot making the game unfair to the rest.

Also as a facilitator, make sure the communication is mainly verbal. There will be tendency of a lot of pulling and pushing between players. Encourage them to talk their way out of the knot and not use more physical means.

Materials needed:

- No Materials Needed

**Debrief questions:**

- What happened in this game
- How did you feel playing this game?
- What worked in the game, what didn't work?



# Getting to Know You

## Blanket Flip

- 1) This activity requires close contact so remind participants that if they become uncomfortable at any time, they may excuse themselves from the game. If you have a large group you may want to split them into two groups
- 2) Lay a blanket or tarp flat on the ground
- 3) Instruct the entire group to start out standing on the blanket. They can only touch the blanket not the ground.
- 4) The object of the game is to flip the blanket over without stepping off the blanket at any time.



Materials needed:

- Blanket or small tarp

**Debrief questions:**

- Did certain people step forward and take the lead at different times?
- How did your group succeed in flipping the blanket over?
- What did you learn about your group's ability to work as a team?
- What skills will you need to work on in order to become a more effective team member?

# Getting to Know You

## Human Timeline

- 1) Gather the group and preface the activity by saying we are going to play a game that works on communication.
- 2) Explain that their task is to line themselves up in the order of their birthdate
- 3) They may not speak during the whole time of the activity. If they speak they will be out of the game.
- 4) Show them where they need to line up but don't give any instructions as to the order, or where the start may be.
- 5) Say when they think they have successfully lined up in order of their birthdates they should put their hand on their head to indicate that they have completed the task.
- 6) Once everyone's hand is on their head the facilitator will check to see if they were successful.

Addition: you can also do this game where participants are standing on a wooden beam, so they must figure out how to pass each other without falling off as well in order to get lined up correctly.

You can also have them line up by age, height, etc.

Materials needed:

- No materials needed

### Debrief questions:

- What happened in this game
- What did you observe?
- Why do you think this game was about communication?
- What worked well in the game?
- What skills were important?

# Getting to Know You

## Circle Rhythm

- 1) Have the group form a circle.
- 2) Choose one person to send out of the room.
- 3) While that person is gone choose one person in the group to be the leader. This person must come up with different actions to do and the rest of the group will copy the actions. Example actions are: clapping, stomping, moving arms. They should be simple actions that the rest of the group can follow
- 4) Have the leader start the action and when the entire group is copying call the person out of the room back into the middle of the circle
- 5) The goal is for the person in the middle to figure out who the leader is. They have three guesses.
- 6) Once the leader is identified you can send the lead out of the room and choose and new leader.

Materials needed:

- No materials needed

**Debrief questions:**

- What did you observe in this game?
- What made it challenging?

# Getting to Know You

## More resources

- 1) <https://www.weareteachers.com/team-building-games-and-activities/>
- 2) <https://www.ultimatecampresource.com/team-building-activities/team-building-games-and-initiatives/>
- 3) <https://www.unicefkidpower.org/fun-team-building-activities-for-kids/>

# Advanced Challenges

## Mind field

- 1) Divide the group into pairs. One partner will be blindfolded while the other will focus on guiding their teammate from beginning to end through this dicey course without setting off any mines.
- 2) Use water bottles, boxes, markers, chairs, etc. to create an obstacle course of “mines” within your clear space.
- 3) The teammate guiding their partner is restricted from accessing the course and can only provide verbal instruction to assist their partner as they traverse through the obstacles.
- 4) Depending on the number of people you have and how difficult you want this activity to be, you can vary the number of pairs trying to complete the course at the same time so that pairs have to work harder to listen to each other and communicate clearly.

<https://guideinc.org/2016/07/12/team-building-activity-mine-field/>

### Materials needed:

- Random objects that you can spread across the floor

### Debrief questions:

- What happened in this game
- How did you feel as the blindfolded person? How did you feel as the communicator.
- What skills did you need to be successful?
- How are these skills applicable in your life?



# Advanced Challenges

## Toxic waste

- 1) The challenge is for the group to work out how to transfer the toxic waste from the small bucket into the large bucket where it will be “neutralized”, using only the equipment provided and within a time frame. The waste will blow up and destroy the world after 20 minutes if it is not neutralized.
- 2) Anyone who ventures into the radiation zone will suffer injury and possibly even death, and spillage will create partial death and destruction. Therefore, the group should aim to save the world and do so without injury to any group members.



## Materials needed:

- 2 buckets
- Rope attached to one bucket securely
- Way to mark a circle boundary around buckets

## Debrief questions:

- What happened?
- How did you feel?
- Why did you feel that way?

<https://www.mcteambuilding.com/toxic-waste-teamwork-challenge/>

# Advanced Challenges

## Perfect Square

Also known as Blind Square, this team building initiative for work has your employees start by standing in a circle holding a rope. Blindfold them and tell them to drop the rope. Next, tell them to take a couple of steps away from where they were standing. Finally, have them return to the rope and try to work together to lay it out in a perfect square. This team-bonding activity teaches your team to depend on one another and achieve goals together.

## Materials needed:

- Large rope tied in a circle
- Blindfolds for each participant

## Debrief questions:

- What happened?
- How did you feel?
- Why did you feel that way?

# Advanced Challenges

## Other Resources

- 1) <https://www.tinypulse.com/blog/team-building-activity-trust>
- 2) <https://www.lifehack.org/791673/team-building-activities-for-work>