

# TEAM BUILDING ACTIVITIES

## **Spider Web**

The group forms a circle. One person has a skein of yarn. S/he tells why s/he enjoys the group and tosses the skein to another person. This person states why s/he enjoys the group and tosses the skein to another person. This continues until everyone in the group has caught the skein. The web formed between all of the members illustrates the individuality of the group and the ties that bind them into a group.

## **Name Arrange**

After everyone has been introduced, arrange yourselves alphabetically by your first name, **WITHOUT TALKING!** When you are done, or think you are done, check your group by calling out your names. Give a big cheer when you're done! Then try it by last name.

## **Mingling Scrabble**

Each person is given a card with a letter of the alphabet printed on each side of the card. Tell the group their task is to arrange themselves to create words and use every letter in the group. The group should come up with as many words as possible in a given amount of time (1-2 minutes).

## **What's My Flavor**

Student's, when in small groups, disclose their favorite ice cream flavor and the reasons for the flavor being his/her favorite. This may reveal something about that person and act as a means to further conversation.

## **Spool of Thread**

Pass around a spool of thread and instruct each person to tear off a piece. Don't tell them why or how much to pull off. Each person then wraps the thread around his/her index finger. Everyone takes turns telling something about her/himself for each wrap of thread.

## **Pass the Key, Please**

Divide the group into two equally numbered teams. Arrange the teams so they face one another. Team members then join hands. This leaves two "free" hands on each team (the two people at the ends of each line). Give a single key to one of the "end" people on each team. The task is to pass the key from one end to the other without unclasp the hands of the team. The key cannot be passed or kicked along the ground. If the key drops, it must be picked up while all hands remain clasped.

## **Stand Up**

Try this one in pairs first, then groups of three, then fours and work up to the entire group. Sit on the ground, back-to-back, knees bent and elbows locked. Try to stand up without falling down. For the large group, sit as tightly packed as possible and work in unison!

## **Five Changes**

Have players pair-up. Once they've found a partner, have them sit or stand back-to-back. While back-to-back, have each person change five things (things they can change) about their appearance. After the changes are made, have the players turn around and each try to identify the changes made by their partner. Do this one more time and see if you can identify those changes.

## **Electricity**

Player's stand in a circle and face in towards the center. One player begins the game by doing an action and "sending it" around the circle. After each person in the circle has done the action, the next person send another action around. When they get good at it, see if they can send two different actions the opposite way!