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TEAM BUILDING ACTIVITIES

1 Shark Tank

- Choose at least 2 teams of 2-6 people and a panel of 1-4 judges.
- Each judge is given an equal amount of fake money to invest in each product and team.
- Give the teams a set amount of time (30-60 minutes should suffice) to design a product.
- During the design phase, judges can facilitate by asking questions.
- After the set amount of time is up teams pitch their products or ideas to the judges.
- Judges individually decide how much money they want to invest in each product.
- The team with the highest amount of investment is the winner.

2 Human Knot

- Each team will stand in a circle, shoulder to shoulder.
- Each member reaches their right hand in the middle grabbing someone's hand like a handshake.
- Members do the same with their left hand ensuring they don't grab the hand of the same person they are holding with their right hand.
- When all hands are held, members can begin trying to untangle to form a large circle. Members must not let go of each other's hands to untangle. They can let go to adjust their grip to avoid getting injured.
- The first team to untangle forming a large circle wins this game.

3 Blind Retriever

- People are split into teams of 2-5 people.
- One person on each team is chosen to be blindfolded. This person is the retriever.
- Then objects are placed randomly within the area.
- Then members of the team verbally direct the blindfolded member to objects for retrieval.
- At last, the team to find the most objects wins the game.

4 Spaghetti Tower

- Give each team a box of uncooked spaghetti noodles and a bag of marshmallows.
- The teams have a set amount of time (10-15 minutes) during which they attempt to build the largest tower with the supplies given.
- When time runs out, measure each tower.
- Finally, the team with the highest tower wins.

5 Lego Sneak Peek

- Prebuild a tower out of 8-12 Legos.
- Fill a bag for each team with the same Legos used on the tower.
- After teams are chosen, pick one person on each team to show the tower for 20-30 seconds.
- Then this person returns to their team and gives instructions to the rest of the team on how to build the tower. The person seeing the tower last can't touch the Legos.
- After about 1 minute, take another person from each team to see the tower for 20-30 seconds.
- Repeat this process until a team builds an exact replica of the prebuilt tower.
- Tip: You may want to take pictures of the tower with your phone to easily see if a team has built the tower correctly.

6 Perfect Square

- Teams form a circle and are given a 6-8 foot rope.
- They are then blindfolded.
- Then, teams attempt to work together and form the rope into a perfect square for 5-7 minutes.
- After the time is up, everyone stops and takes off their blindfolds.
- In conclusion, the team with the best square wins the game.

7 Name Game

- Team members line up shoulder to shoulder.
- Then, without talking, signing, or drawing the letters of their middle names, teams attempt to get into alphabetical order.
- After approximately 5 minutes, have members start naming off their middle name.
- Every member out of order counts as 1 point.
- To conclude, the team with the least amount of points wins.

8 Escape Room

- Set up a room with 8-10 puzzles. Each puzzle represents a letter spelling out a codeword.
- Instruct members that they have 60 minutes to complete the puzzles and say the codeword.
- If a puzzle isn't completed after 8 minutes give them the answer and move on.
- If the team can say the codeword before time runs out, they escape. Otherwise, they are doomed to whatever story you come up with.
- Tip: Choose a variety of puzzles, so everybody has a chance to help the team.

9 Office Trivia

- Give teams a small whiteboard and a dry erase marker.
- Proceed to ask questions about the work center. For example, you can ask "how many desks are there", "how many lights are there", "how many clocks are there" etc.
- Then allow each team to confer and write down their answers on the whiteboard.
- Keep track of how many questions each team got right.
- Finally, after 15-20 questions the team with the highest score wins.

10 Matched Pairs

- To begin with, write down an object on each half of a paper. Then cut the paper in half. Objects can be things like pear, saltshaker, blanket, or whatever else you would like.
- Next, tape an object to each person's back.
- Each person tries to find their pair by asking questions. The questions can only be yes or no questions.
- Once somebody asks a person 2 questions, they move to another person and ask 2 questions.
- The game is over when all people have found who they believe to be their pair.