



## Team-Building Activities

### Build Camaraderie...

*These activities emphasize new teams coming together quickly through the common bond of playful competition and teamwork.*

#### Time Capsule

Materials:  
Personal items from pockets, purses, backpacks...

Players:  
4+

Using contemporary items, explain their place in a time capsule opened 100 years in the future. Explain how (and how quickly) they became obsolete and what eventually replaced them. Each person chooses 1-3 items and has two minutes to present a 60-second explanation to the group.

Variations:

- Each person chooses 1 at a time, and the order continues until all items are exhausted
- If playing in teams, 4 minutes are allowed for prep time

#### Sock Puppet Theater

Materials:  
Socks, markers

Players:  
4+

Individuals or teams: Grab those lonely socks and some markers and challenge teams to create a setting, characters and a conflict to resolve for a short sock puppet theatre presentation. Songs, poetry and puppet dancing are encouraged!

Variations:

- Improv—no rehearsal time allowed!
- Themes (based on the event or group)—science, leadership, sports, cheer... You must adhere to (or avoid) your group's commonality

#### Rope Challenge

Materials:  
One length of rope, tied off to complete a circle

Players:  
7+

Make a large circle out of rope for each team and put it on the floor. The entire team must stand at the edges of the circle so the rope is taut around their ankles while holding their hands in the air. Team members must take turns contorting, balancing, and wiggling to work the rope up from their ankles to their wrists, keeping their hands in the air at all times.

## Crane Stack

Materials:

Edge of a horizontal surface (table, counter...), blindfold, anything stackable—pennies, cups, blocks...

Players:

Teams of 2

Within the agreed-upon time limit, Teammate 1 is blindfolded and tasked with creating a stack of objects as high as possible, using direction from Teammate 2.

## Word Builder

Materials:

Note cards, pens

Players:

Teams of 3+

Without revealing what they write, each player writes one letter on a card and the team takes turns forming words with the letters.

Variations:

- Smaller teams can each write two letters on separate cards
- Everyday items or words can be used to create an inventory of letters
  - Road signs or city names (perfect for bus trips)
  - The Periodic Table, the title of a novel or musical composition, school name and/or mascot...
- Time limits

## Build Trust...

*These activities emphasize teams building deeper relationships by greater complexity of the exercises coupled with the opportunity for active listening.*

## Q&A ...&Y

Materials:

Paper & pen (optional)

Players:

5+

The emphasis here is the included “why?” with each of these questions. It is important to observe the non-verbal behaviors of the responder during this activity and to actively listen to how each person answers their question(s).

- Living or deceased, who would you choose to have lunch with? Why?
- If you could be any animal, what would it be? Why?
- Describe yourself in three words. Why?
- If you could watch only one channel on TV, what would it be? Why?
- Where is your ideal vacation destination? Why?
- If you could perform one job for 6 months which would pay you enough to then volunteer for the following 6 months, which job and volunteer opportunity would you choose? Why?
- If you could live in another era in history, which would you choose? Why?

## Dragon's Tower

Materials:  
Note cards, pens, tape

Players:  
Teams of 3  
1 Game Master

This is a competitive game, great for developing team cooperation. The minimum number of people playing this game is six, plus the Game Master to lead the process. Participants are divided into teams consisting of three members. If performed with a large group of students, it's advisable to create several teams, with the rest forming a watching and cheering audience.

First, the coordinator introduces the following story: *Once upon a time there was a king who had N daughters/princesses (N – referring to the number of teams). Then a frightful dragon came and took away the king's daughters and put them in his distant tower.* The task of each team is to find their princess and get her back home. Each team consists of the following three players:

- **the Silent One** (who is allowed to look, but isn't allowed to talk)
- **the Talker** (who is only allowed to look at the Silent One's pantomime, and is allowed to talk)
- **the Tracker** (who is blindfolded and navigated by the Talker in his quest to find the princess)

Next, the Game Master creates Princess cards and assigns one to each team. They then attach the princess cards to an opposite wall. Only the Silent Ones from each team are allowed to see where the coordinator has placed their group's princess. Talker and Tracker must not see this.

Finally, all team members stand on one side of the room. The Silent One has an overview of the whole room. When the game begins, they use pantomime to explain to the Talker, who is facing them, where their princess is located on the opposite wall. The Talker only sees the Silent One and their pantomime and tries to verbally navigate the Tracker, using the information he receives from the Silent One. The blindfolded Tracker then moves, and with help of their teammates, tries to find their princess and to get her back to his teammates successfully.

The winner is the team whose Tracker finds their princess and gets her back first. It is crucial that teammates play their roles well and cooperate in order to successfully finish the task. This is a hilarious game with a great atmosphere!

## Scavenger Hunt

Materials:  
Blindfold

Players:  
5-7

The Caller identifies an object in the room for The Seeker (who is blindfolded) to locate. The rest are The Guardians, and they form a circle around The Seeker, who takes directions from The Caller to locate the object.

The Guardians has the responsibility to "watch The Seeker's back" and ensure their safety.

All members should have both experiences—of being guarded by the group and guarding The Seeker. The challenge is greater if there are several groups in the room, each group taking care of their Seeker in the middle of their circle. The takeaway here is not how quickly the object can be located, rather, the feeling of both being protected and protecting someone else.

At the end, participants should be asked how they felt in both roles and what they can learn from this game. Trust games like this one show how important interdependence is and that we can rely on our team members. Trust is essential for a good teamwork. Also, it teaches that a team must function as a single unit if wants to survive, with all members included and working together.