

TEAM-BUILDING



Time Required: 30-45 minutes

Principles:

- Students will understand safety and survival skills and apply coping strategies.

Objectives (Students will...):

- Develop effective group communication and problem-solving skills.

GOAL: Students will take part in team-building exercises to learn the importance of good communication and team work to solve problems.

Activity Statements:

Advisors will select 2 – 3 team building exercises from the list below and complete exercises.

Materials: Selected exercise and required prompts.

Procedures: Advisors and/or students will select two to three exercises from the website <http://wilderdom.com/games/InitiativeGames.html>. The list below is a summary of each exercise. Go to electronic lesson on the ADVISORY website and click on live ADVISORY below to get detailed descriptions of each exercise. Select exercises that fit the personality/needs of the group and complete exercises. More exercises are available on the resource section of the ADVISORY website.

Descriptions of Team Building Activities, Initiative Games, & Problem Solving Exercises

[Helium Stick](#)

Deceptively simple teamwork activity. Form two lines facing each other. Lay a long, thin rod on group's index fingers. Goal: Lower to ground. Reality: It goes up!

[Toxic Waste](#)

A popular, engaging small group activity. Equipped with a bungee cord and rope, a group must work out how to transport a bucket of "Toxic Waste" and tip it into the neutralization bucket. Can be used to highlight any almost aspect of teamwork or

Team Building

leadership.

[Mine Field](#)

Objects are scattered in an indoor or outdoor place. In pairs, one person verbally guides his/her partner, a blindfolded person, through the minefield.

[Zoom](#)

A group tries to create a unified story from a set of sequential pictures. The pictures are randomly ordered and handed out. Each person has a picture but cannot show it to others. Requires patience, communication, and trying to understand from another's point of view in order to recreate the story's sequence.

[All Aboard!](#)

A classic teambuilding activity in which a group is challenged to physically support one another in an endeavor to occupy an ever diminishing space.

[Survival Scenarios](#)

"Your plane crashed...your group needs to choose the 12 most useful items to survive..."

[Balloon Activities](#)

Group activities that can be done with balloons. Promotes gentle, fun physical movement, people getting to know one another, trust and working together.

[Great Egg Drop](#)

Small groups design an egg package to save an egg from breaking when dropped. Plus a 30-second jingle to sell their package. Followed by the Great Egg Drop-Off.

[Warp Speed](#)

A team building exercise based on the icebreaker "[Group Juggle](#)". Groups are challenged to juggle as fast as possible. Invite group to "tender" a time they can deliver.

[Multi-Way Tug-of-War](#)

Fun, physically demanding, competitive

Team Building

team activity. Several teams pull against each other, requiring communication and tactics as well as strength to outmaneuver and win.

[Amoeba Race](#)

A simple, close physical contact group cooperation activity. The group forms the three parts of an Amoeba: protoplasm, cell wall and nucleus. Then the group travels, splits into two amoebas, and the amoeba have a race.

[Group Mandala](#)

Group dynamics exercise. Each person is represented by an object. The objects are "caste" like dice and group members share their feelings and re-arrange the objects.

[Create Your Own Group Activity](#)

Involves small groups in designing and presenting a new group activity. A challenging exercise which requires all the elements of teamwork - communication, goal-setting, planning, cooperation, creativity, task orientation, etc.

Team Building Quotes

In small groups, set the challenge of creating the most inspirational team building quote in a set amount of time, e.g., 10 minutes. Each team reads out their quote and teams vote on the best quote. At the end of the activity, hand out some other [Team Building Quotes](#).

[More Team Building Activity Descriptions](#)

ADVISORY to 15 more descriptions of different team building activities from various sites.

[Free Team Building Activities](#)

ADVISORY to 1000s more free team building activity descriptions on the web.

[Team Building Activity Description Websites](#)

Websites which have free descriptions of team building activities. Includes review of top 10 "team building exercise" sites on Google.

Team Building

Discussion:

Use guidelines suggested in each exercise.

Other possible questions:

- What did you learn about yourself?
- Did communication break down?
- How?
- What are some non-verbal ways team members communicated?
- What could you have done differently to make the exercise more effective?
- What is something you learned about teamwork?

Additional Resources:

<http://wilderdom.com/games/index2.html>

Resource section of the ADVISORY website contains additional websites and exercises.

Extension Activities: None
