

# Team Building Activities

## Checklist



### 1 Code of Conduct

- On a whiteboard, write down the words "Meaningful" and "Pleasant"
- Ask everyone to say what will make this workshop meaningful and pleasant
- Record each participant's suggestion in the form of a mind map.
- Ideas mutually agreed on as being "pleasant" and "meaningful" make up the Code of Conduct for the group

### 2 Campfire Stories

- Create a set of trigger words to kickstart a storytelling session. Add to sticky notes
- Divide a whiteboard into two sections. Post all sticky notes from above on one section of the whiteboard
- Ask a participant to pick out one trigger word and use it to share an experience
- Ask others to jot down words that remind them of similar work-related stories

### 3 Memory Wall

- Ask participants to write down positive experiences while working together
- Ask them to draw a few of these memories on fresh sheets of papers
- Ask participants to tape their memory drawings to a wall after 30 minutes
- Ask for volunteers to approach the wall and expand on the memories

## 4 Low-Tech Social Network

- Ask participants to draw their "avatar" and names on index cards
- Stick each avatar card on a large whiteboard
- Ask participants to draw arrow lines to cards of people they know in the room
- Ask participants to write how they know each person below each arrow line

## 5 Spectrum Mapping

- Identify key topics on which you want insight from the participants
- Write down a topic in the center of a whiteboard
- Ask participants to write down their opinions on the topic on sticky notes
- Get participants to arrange the notes as a spectrum of ideas on the topic

## 6 Back of the Napkin

- Make a list of open ended problems related to your business, product, etc.
- Divide participants into teams of 2 to 4 players
- Ask the teams to draw a solution to the problem as a flow chart or sketch on the back of a napkin

## 7 Magazine Story

- Divide participants into teams of 3-6 players
- Ask teams to create a magazine cover story about their team, including cover story graphic, story headline, quotes and highlights

## 8 Shark Tank

- Divide participants into teams of 2-6 people. Ask them to come up with an imaginary product and develop a pitch for it, like the Shark Tank TV show
- Another team of judges will evaluate each pitch and award imaginary "funding" to the best pitches

## 9 Make Your Own Movie

- Divide participants into teams. Ask each team to divide responsibilities (screenwriter, actors, camera operator, director, etc.)
- Ask teams to write scripts for their own 5-7 minute movie
- Teams will create movies based on the script, borrowing equipment as necessary

## 10 Radio Play

- Divide participants into equally sized teams of 3-12 people
- Give teams 60 minutes to plan and write a radio play, 15-20 minutes to perform
- Evaluate each play and award the best-reviewed play a prize

## 11 Office Trivia

- Come up with a list of trivia questions related to your place of work
- Ask questions to the whole group and solicit answers out loud

## 12 Silver Lining

- Divide the participants into teams of people who've worked together
- Team Member A shares a negative experience they had working together
- Team Member B then shares the same experience but focuses on the positive aspects of the experience

## 13 Odd Couples

- Create a list of odd pairs of objects that go well together.
- Write down the names of objects from each pair on separate sheets of paper
- Tape each sheet of paper to participants' backs
- Ask participants to mingle with the group. Their objective is to figure out what's written on their backs using only yes/no questions
- Once participants figure this out, they have to find the other half of their pair

## 14 Truth and Lies

- Ask players to sit in a circle and think 3 truths and 1 lie about himself
- Each player gets up in the center of the circle and says all four statements
- The group has to guess which of the statements is a truth, which one is a lie

## 15 Office Trivia: Remote Team Edition

- Ask all participants to send pictures of their home offices in advance
- Get everyone on group chat. Show a picture of one of the offices
- The group has to guess which team member the office belongs to

## 16 Back-to-Back Drawing

- Print a number of shapes such as 'car', 'statue' on separate sheets of paper
- Divide participants into teams of two people each. Make them sit back-to-back
- Team member A has to draw the shapes based on verbal instructions only from Team member B

## 17 Blind Draw

- Get a bunch of objects or printed pictures of objects
- Divide all participants into teams of 4-6 people
- One 'artist' from each team has to draw an object based on verbal instructions from the rest of the team

## 18 Body of Words

- Find a wide open area and divide participants into teams of 4-8 people
- Pick a word with fewer letters than the number of people on each team
- Each team then has to make the word with their bodies alone based on instructions from a team leader

## 19 Hole in Many

- Grab a piece of tarpaulin and tennis balls. Cut a hole into the tarp
- Create teams of 4-8 people. Ask teams to hold the tarp stretched out
- Drop a ball onto the tarp. The team has to hold the tarp as long as possible without the tennis falling through the hole

## 20 Buckets & Balls

- Set 'Start' & 'Finish' lines. Place buckets (one with balls, one empty) behind these lines
- Create teams. Each team must choose a 'handler' who can touch the balls
- Team members must retrieve balls from the finish line bucket and get them to their team's handler without using their hands or arms

## 21 Photo Finish

- Create a straight 'finish line' using chalk, masking tape or rope
- Ask participants to cross finish line at the same time, i.e. a "photo finish".

## 22 Build Bridges, Not Walls

- Divide the participants into two equally sized teams
- Ask each team to build one-half of a bridge using cardboard, wood, etc. Teams cannot see what the other is doing but can communicate verbally
- After 30 minutes, ask the two teams to meet together and see whether their bridges are similar or not

## 23 Team Jigsaw

- Grab two puzzles. Mix in pieces from Puzzle A with pieces from Puzzle B
- Divide the group into two teams and hand them their respective puzzle boxes
- Ask team members to create the puzzle. Since puzzle pieces are mixed, they will have to exchange them one at a time to create the complete puzzle

## 24 Sneak-a-Peak

- Use Lego pieces to create a structure - complex yet replicable
- Create two teams. One player can look at the structure for 10 seconds
- The player then has to instruct the rest of the team how to create the structure using verbal instructions
- After 25 seconds, another player repeats above process

## 25 Tied Together

- Ask all players to form a circle and place their arms at their sides
- Use shoe laces or cloth strips to tie each person's wrists to his/her neighbor's
- Ask them to complete tasks from objects placed in the circle, such as making a Lego structure, wrapping a present, etc. while tied together

## 26 Team Emblem

- Divide players into small teams of 3-4 people each
- Ask each team to plan, draw and paint an emblem for their team on cardboard

## 27 Daredevil

- Place objects like water bottles, shoes, books, etc. in a player area. The objects must be such that people can differentiate between them by touch
- Ask teams to assemble on opposite ends of the play area. Ask them to choose one volunteer to be blindfolded from their team
- Blindfolded volunteers have to pick up their respective objects and drop them into the basket using only verbal instructions from their teammates.

## 28 Perfect Square

- Ask each team (3-4 people) to stand in a close inward facing circle
- Get everyone to hold a rope and place it on the floor such that it forms a circle
- Blindfold all team members. The teammates now have to work together to turn the circular rope into a perfect square

## 29 Guess the Object

- Ask one person from the group to volunteer
- Show this volunteer a common object or picture of an object
- The volunteer must demonstrate the object without speaking
- The rest of the group has to guess the object out loud within 2-3 minutes

## 30 Scavenger Hunt

- Create a list of activities for the hunt based on your goals ("get sales & marketing to work better", "improve verbal communication", etc.)
- Setup the activities, then divide your group into equally-sized teams
- Set aside 20-30 minutes to debrief each team. Leave 60-90 minutes for the actual hunt

## 31 Shipwrecked

- Set up a play area with a number of survival items such as different types of food, water, weapons, etc. Place them in a "wreckage" area
- Divide participants into two teams
- The teams have 25 minutes to get items for survival from the wreckage
- Since some items are vital, but limited (such as water), teams will have to collaborate and barter to survive