

Introductions

Ball Toss

Everyone stands in a circle and one person has a ball. Have the first person throw the ball at someone else in the group while saying their name (or other information that you want the group to know). Have the ball tossed around the circle until everyone has received the ball from someone.

Dancing Game

Stand in a circle. One person introduces their self and then performs a dance move. Each successive person must perform all the dance steps performed before them and then add one of their own.

Name Origins

Everybody must tell their name and then tell an interesting story or fact that relates to their name.

Team Work

Communication Activity

Draw a simple picture on a piece of paper, such a circle, square, and triangle the overlap. Have one volunteer come to the front and try to explain this picture to the group by only using words. The group should try to draw the image that is being described. Do not allow them to show the picture, use their arms, or anything else. When done, have the volunteer show the picture and compare it to pictures that the group has come up with. Discuss how difficult it is to get an idea shared with others. This can lead into teaching techniques, team work, extension activities, etc.

Knots

Make equal sized teams of no less than 5 people. Have them stand in a circle and join hands with people that are not right next to them. They must also not join two hands of the same person. Once this is done, the group must try to 'untie' their knot without letting go of each other's hands. Discuss how the group was able to accomplish this task, or why they failed.

Line-Ups

This is a non-verbal way to get teamwork in place. You can do all sorts of combinations. Start easy with a line-up in order of height and then get more difficult with order of birthdays or number of siblings, first letter of names, etc. A variation can split into two groups and have them compete against each other.

Who's the Leader?

Sit in a circle. One person is asked to leave the room and the group then decides who will be their 'leader'. The leader must perform a series of actions such as clapping, tapping their feet, waving, etc that the rest of the group must copy. The person that left the room must then return and watch the group to see if they can guess who the leader is.

The leader should try to change their actions without the person in the middle seeing. The rest of the group should also try to hide the leader's identity by not looking directly at them. When the leader is spotted, they are the next person to leave the room.

Just One Word

Give two teams the letters j-u-s-t-o-n-e-w-o-r-d and ask them to make "just one word" from the letters that they have been given. The first team to succeed is the winner—the teams will not realize at first that they are trying to create a phrase rather than a word.

What We Have in Common

The facilitator calls out a characteristic of people in the group, such as "having children". All those who have children should move to one corner of the room. As the facilitator calls out another commonality, those people move again to the indicated space.

Uncommon Commonalities

Divide into teams of 3-4 people. Have them make a list of uncommon things that they all have in common. After 5-10 minutes, list all the commonalities to the large group. If another group has the same one, they must cross it off. At the end, the group with the most remaining is declared the winner. For example, "We all like nsima" is NOT a uncommon commonality, but "We all speak Swahili" would be.

Agree/Disagree/Don't Know

This can be used to start getting participants to think about more serious issues, but should be used with caution so as not to put anybody on the spot or cause arguments. Write agree, disagree, and don't know on three separate pieces of paper and put them up in three areas of the room. Give a statement such as, "Local foods are only for poor people". Then have the participants choose a sign to stand next to that represents how they feel about that statement. This activity can be used to challenge myths, break stigma and generated discussions, but the questions/statement must be well thought out.

Web of Ideas

Have the group sit in a circle. Give the group one topic to discuss and one person gets a ball of string. The first person with the string says something about the topic and then throws the string to another person while continuing to hold their end, creating a "link" between two people. The next person does the same, and so on until the entire group has spoken on the topic and they have formed a "web" with the string. Discuss how everyone's thoughts are connected like a web.

Dancing on Paper

Split participants into pairs. Give each team a piece of flip chart paper. They must dance on the paper without falling off until the facilitator stops them. Then they must fold the paper in half and repeat. Once a team falls off their paper they are out. This continues until only one team is left.

Closing Activities

SIS/SOS

SIS (Strengths I See) and SOS (Strengths others see). Divide a flip chart in half for each person. That person must first write the strengths that they see in themselves on one half of the paper. Then the papers can be posted with their names on the top, and each person can take turns writing strengths that they see in others. Only positive words or phrases should be used. When done, participants can take these papers home with them to remind them of their strengths.

Presenting Gifts

Put each participant's name in a box. Ask each person to pick a name from the box. Give the group some time to think of an imaginary gift that they would like to give to the person whose name they have picked. Tell them to think about how they would give this gift. Then go around the room and have each person present their gifts to the recipients and explain why they chose that gift for that person.

Coming together is a beginning.

Keeping together is progress.

Working together is success.

- Henry Ford

Michael, if you can't pass, you can't play.

- Coach Dean Smith to Michael Jordan in his freshman year

We must all hang together, or assuredly, we shall all hang separately.

- Benjamin Franklin

The ratio of We's to I's is the best indicator of the development of a team.

- Lewis B. Ergen

A championship team is a team of champions.

- Unknown

Teamwork: Simply stated, it is less me and more we.

- Unknown

Teamwork is the fuel that allows common people to attain uncommon results.

- Unknown

Teams share the burden and divide the grief.

- Doug Smith

Never doubt that a small group of thoughtful, committed people can change the world.

Indeed, it is the only thing that ever has.

- Margaret Mead

One man can be a crucial ingredient on a team, but one man cannot make a team.
Kareem Abdul-Jabbar

It is better to have one person working with you than three people working for you.
Dwight D. Eisenhower

A major reason capable people fail to advance is that they don't work well with their colleagues.
Lee Iacocca

Light is the task where many share the toil.
Homer

No member of a crew is praised for the rugged individuality of his rowing.
Ralph Waldo Emerson

What we need to do is learn to work in the system, by which I mean that everybody, every team, every platform, every division, every component is there not for individual competitive profit or recognition, but for contribution to the system as a whole on a win-win basis.
W. Edward Deming

The way a team plays as a whole determines its success. You may have the greatest bunch of individual stars in the world, but if they don't play together, the club won't be worth a dime.
Babe Ruth

We are most effective as a team when we compliment each other without embarrassment and disagree without fear.
- Unknown

A group is a bunch of people in an elevator. A team is also a bunch of people in an elevator, but the elevator is broken!
Bonnie Edelstein

A boat doesn't go forward if each one is rowing their own way.
Swahili proverb

Wearing the same shirts doesn't make a team.
- Buchholz and Roth

A team is more than a collection of people. It is a process of give and take.
- Barbara Glacel & Emile Robert Jr.

The basic building block of good teambuilding is for a leader to promote the feeling

that every human being is unique and adds value.

- Unknown

Talent wins games, but teamwork and intelligence wins championships.

- Michael Jordan

None of us is as smart as all of us.

- Ken Blanchard

No man is wise enough by himself.

Plautus

Interdependent people combine their own efforts with the efforts of others to achieve their greatest success.

Stephen Covey

If you don't kick things around with people, you are out of it. Nobody, I always say, can be anybody without somebody being around.

John Wheeler

In teamwork, silence isn't golden, it's deadly.

Mark Sanborn

When a team outgrows individual performance and learns team confidence, excellence becomes a reality.

- Joe Paterno

A group becomes a team when each member is sure enough of himself and his contribution to praise the skill of the others.

- Norman S Hidle

All of us, at certain moments of our lives, need to take advice and to receive help from other people.

Alexis Carrel, Reflections on Li

The greatest danger a team faces isn't that it won't become successful, but that it will, and then cease to improve.

Mark Sanborn

We're going to turn this team around 360 degrees.

Jason Kidd

Teamwork doesn't tolerate the inconvenience of distance.

- Unknown

A single arrow is easily broken, but not ten in a bundle.
Japanese proverb

It is amazing how much people get done if they do not worry about who gets the credit.
Swahili proverb

There is not I in Teamwork.
- Unknown

No one can whistle a symphony. It takes an orchestra to play it.
- H.E. Luccock

You don't get harmony when everybody sings the same note.
Doug Floyd

Wild ducks make a lot of noise, but they also have the sense to benefit from occasionally flying in formation.
- Unknown

It is amazing how much you can accomplish when it doesn't matter who gets the credit.
- Unknown

Teamwork divides the task and double the success.
- Unknown

None of us, including me, ever do great things. But we can all do small things, with great love, and together we can do something wonderful.
Mother Teresa

Overcoming barriers to performance is how groups become teams.
- ...

Teamplayer: Once who unites others toward a shared destiny through sharing information and ideas, empowering others and developing trust.
- Dennis Kinlaw

We trained hard, but it seemed every time we were beginning to form up into teams, we would be reorganized. I was to learn later in life that we tend to meet any new situation by reorganizing and a wonderful method it can be for creating the illusion of progress while producing confusion, inefficiency and demoralization.
Petronii Arbitri Satyricon AD 66

There are few, if any, jobs in which ability alone is sufficient. Needed, also, are loyalty, sincerity, enthusiasm and team play.

William B. Given, Jr.

Build for your team a feeling of oneness, of dependence on one another and of strength to be derived by unity.

Vince Lombardi

Individual commitment to a group effort, that is what makes a team work, a company work, a society work, a civilization work.

Vince Lombardi

It's easy to get good players. Getting them to play together, that's the hard part.

Casey Stengel



Overview - Group Survival Scenario Exercise

- A classic group communication and decision making exercise, with many variations.
- Works for a wide variety of ages and purposes, indoors or outdoors.
- There are two classic types of "paper & pencil" group survival scenarios (selecting equipment and selecting people). In each case:
 - Provide instructions & hand out materials
 - Set a time limit (~15-30 minutes)
 - Let the group go - answer questions, watch, & observe!
 - Debrief

Scenario Type 1: Choose Survival Equipment

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

Choose / rank **equipment** items in terms of their relative survival value:

- Participants choose/rank the items individually
- Discuss choices/rankings in small group and come to a group consensus
- Score answers against "expert" opinion
- Possible scenarios:
 - Lost at sea or island survival (shipwreck)
 - Desert (plane crash)
 - Space or Moon



Scenario Type 2: People Survival Scenario (Who will be saved?)

A nuclear bomb has been dropped...a radiation-free shelter is available, but can only take 6 people; choose who will survive...

Choose / rank **people** in terms of who will get to live or die in situations with limited survival resources:

- Participants role play characters (a bit like a Murder Mystery)
- Can lead to high emotions; people get intensely engaged, particularly when choosing who will survive, and none of the decisions are easy.
- No right answers - any so-called "correct" answers are based on debatable values (e.g., ageism, sexism, racism)
- Highlights individual's dispositions, group processes and decision making
- Possible scenarios:
 - Nuclear war shelter
 - Oxygen dwindling (space, moon, mars)
 - Lifeboat / Sinking ship (sea)

Variations

- Appoint a time keeper in each group and encourage them to be the person who monitors the progress of the group towards achieving consensus within the time frame.
- To emphasise individual versus group decision making, split the session into three parts:
 - Individuals make their own selections first, on paper (5-10 minutes)
 - Groups (or sub-groups) then discuss and create a group decision
 - Compare individual and group performances, e.g.,:
 - For equipment scenarios, group decisions are usually more accurate than individual answers, helping to illustrate the importance of collaborative group decision-making.
 - For people scenarios, score individuals according to how close the group's decision was to their own selections of who is to live and die (an indicator of each person's influence over the group).

Possible Debrief Questions

- How were decisions made?
- Who influenced the decisions and how?

- How could better decisions have been made?
- How was conflict managed?
- How did people feel about the decisions?
- How satisfied was each person with the decision (ask each participant to rate his / her satisfaction out of 10, then obtain a group average and compare / discuss with other groups' satisfaction levels)
- What have you learnt about the functioning of this group?
- How would you do the activity differently if you were asked to do it again?
- What situations at work/home/school do you think are like this exercise?

Sample Team Building Day

8:00 - 8:20 am

Warm ups and Ice Breakers

8:20 - 8:25 am

"Journey in the Forest" Self-discovery Activity

Leadership training course

8:25 - 8:37 am

"Gravity Pole"

Team building activity

8:37 - 9:11 am

"Blind Birthdays"

Team building exercise

9:11 - 9:42 am

My Personal "Formula for Life"

Leadership training course

9:42 - 9:55 am

- break -

9:55 - 10:14 am

"Human Zipper"

Problem solving fun

10:14 - 10:42 am

"Magic Carpet" (teams of 6)

Sparking employee motivation

10:42 - 10:55 am

- break -

10:55 - 11:25 am

"Welded Ankles" (teams of 8)

Team building workshop

11:25 - 12:02 am

"Top 10 Ways to Motivate & Success Coach Your TEAM"

Different leadership styles and creative problem solving

12:02 - 12:55 pm

- lunch break -

12:55 - 1:09 pm

Lycra Tube (teams of 4)

PURE FUN!

1:09 - 1:22 pm

"Most Outrageous" (teams of 2)

Building relationships and appreciating our differences team building activity

1:22 - 1:31 pm

"Don't do as I do. Do as I say."

Building effective communication skills

1:31 - 2:14 pm

"ZOOM" Consensus Activity

Big picture vs. detail

2:14 - 2:31 pm

- break -

2:31 - 2:59 pm

"Back Talk" (teams of 4)

Building effective communication skills

2:59 - 3:11 pm

"Move it or Lose it"

Employee motivation

3:11 - 3:43 pm

"The Amazing Maze"

Team building & teamwork

3:43 - 4:01 pm

Celebration and Shares

Team building program finale: appreciating our strengths and weaknesses, and taking our team to the next level