

Team Building For Families Part 2

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Sticks, Stones and Rocks

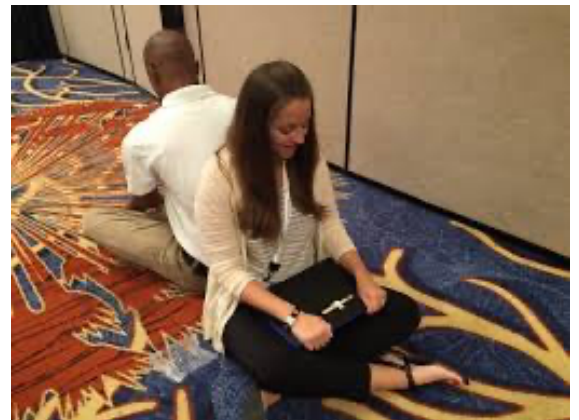
Materials: You will need 5-8 items for each person. The items will need to be identical for each person. For example, you could use a spoon, rock, popsicle stick, piece of paper and a paper clip. Each person will need those same exact items to use. You could use blocks, Legos or anything from around the house as long as each person has the exact same set of materials to work with. For an easier challenge choose less items or more items to increase the challenge.

Activity Instructions:

1. Have participants pair up and sit back to back.
2. Give each pair a set of materials, making sure that each person in the pair has the exact same items to use.
3. Have each pair decide who will be the leader for the first round. The leader starts by building or arranging the items in front of them.
4. The leader will then describe to their partner what they have created. The partners may never sneak a peak at what the other person is doing.
5. The partner should replicate the arrangement based on their partner's description.
6. When completed, have partners look at each other's patterns.
7. Then, switch roles and begin again. Allow two minutes for each round.
8. In between each round partners can brainstorm ways to improve their communication with each other.

Reflection Questions:

1. How did you and your partner do?
2. What were some challenges that you had?
3. How did you problem solve together to be successful?
4. What were some behaviors that helped you be successful or created a challenge?



Hundred's

Materials: 1 scrap piece of paper for each person, 1 pen for whole group and pair of dice, 3 or more players

Object: First person to be able to write down numbers 1-100 wins.

Activity Instructions:

1. Have all the players stand around a table in a circle, or sit in a circle. If you sit, be sure you are on a hard surface.
2. Place the pen in the center of the circle and each player should have their piece of paper in front of them.
3. The first person rolls the dice, trying to roll doubles. If they don't, the dice is passed to the next player who tries to roll for doubles.
4. The dice continues to be passed around the circle until someone rolls doubles.
5. When doubles are rolled, that person grabs the paper and pen and starts to **write the numbers 1, 2, 3, 4, 5, 6, etc... all the way to 100, on their paper.**
6. **THE CATCH** - while the person is writing, the dice is continuing around the circle. As soon as another person rolls doubles, they "steal" the pen and start writing their own list of numbers on their paper starting with 1.
7. The game continues in this fashion. The dice is always being passed, the pen being "stolen" whenever someone rolls doubles.
8. The first person to be able to write all the numbers, 1 to 100 WINS!

Remember:

- After the pen is stolen from you, and then you roll doubles again and get the pen back, you get to pick up with the number you left off on. You don't start back with 1. If you left off on 73, then you start your next turn by writing 74.

Variations:

- Younger children...write all the numbers on their paper before the game starts. When they roll doubles they have to put a line through the numbers instead of writing them. Or, have them circle the numbers instead of writing them.
- You don't have to write the numbers all the way to 100. **If you have small children**, they can write to 10, or 20 while the adults write to 50 or all the way to 100



Word Play Puzzles

Materials: Puzzle words from the list printed out or on a screen for all players to see.

Activity Instructions:

1. Work with a partner to figure out the common phrase that is represented.

Word Play Puzzles

1. **DEAL**

2. KNEE
LIGHT

3. BJAOCKX

4. YOUJUSTME

5. DICE
DICE

6. GSEG

7. MCE MCE MCE

Answers: 1. Big Deal 2. Neon Light 3. Jack in the box 4. Just between you and Me 5. Paradise 6. Scrambled Eggs 7. Three Blind Mice (missing letter i)



Moon Ball

Materials: Beach Ball or balloon

Activity Instructions:

1. Create an open space and have players stand in a circle
2. Tell players that the object is to hit the beach ball or balloon into the air. Each time the ball is hit, it counts as a point. The ball cannot be hit by the same person twice in a row. If that happens or if the ball stops or touches the ground, they must start over. Throw the ball in the air to start.
3. After a few attempts ask players to set a goal and brainstorm ideas to reach their goal.

Reflection Questions:

1. What goals did you set for yourselves? Did it help to set goals? Why or Why Not?
2. What were some strategies you used to achieve your goals?
3. How did your strategy change over time?

Partner Playfulness

Materials: 2 people

Last Detail

1. Have partners face each other and look at each other.
2. On signal partners turn around and change 3 things about their clothing (ex. Turning collars, switching shoes, untucking shirts etc.)
3. When each partner is ready, they turn around and try to guess the 3 things that were switched by their partner.

One Handed Shoe Tie

1. Each partnership should have at least one person with tied shoes.
2. Untie the shoe and then challenge yourselves to retie the shoe. The challenge is that each person in the pair can use only one hand.

Macro Rock/Paper/Scissors

1. Make sure that everyone knows the rules to Rock/Paper/Scissors (Rock= closed fist; Paper=open hand; and Scissors in a V).
2. Partners stand back to back with a little space between them.
3. On a signal, the partners will count to 3 while jumping up and spinning around to face their partners doing one of the motions.
4. Remember... Rock beats scissors, scissors beats paper and paper beats rocks.
5. You can then add to this by students doing a full body version. Now rock is curling up into small ball like a rock, Scissors arms over head in a big V, Paper standing straight with legs together and arms straight over head.

Celebration

1. Partners create some way to celebrate- high fives, a dance, a cheer, or some other expression.
2. Throughout the day when someone yells "celebrate", people must find their partners and celebrate together.
3. Variation- create a family celebration cheer, dance or high 5--a different one with each family member.



Channels

Materials: toilet paper or paper towel tubes cut in $\frac{1}{2}$ (each player needs $\frac{1}{2}$ of tube), marble, ball bearing or small ball

Activity Instructions:

1. Every participant is given a tube "channel". The task is to move the round object across a set area and into a container. Make sure the distance to travel is longer than the group can get to by standing next to each other.
2. No one may touch the round object with his/her skin or clothing
3. The round object may not touch the floor
4. If either of the above happens, the group must start over.
5. When a person has the round object on his/her channel they may not walk or move feet.
6. Each person must remain in possession of his/her own channel.

Reflection Questions:

1. How did you decide to organize your group to accomplish the task?
2. What did you do well as a team? What could you improve?

