

# Team Building Activities and Games to do with your Family

GST BOCES Adventure Based Learning

For questions please contact

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## Table Top Key Punch

### Set Up:

Numbered spots from 1 to 30 are scattered out on top of one or two table(s) You can make spots easily on paper plates, or cutting circles out of scrap paper and numbering them 1-30. One beanie animal and one stop watch

When the team of 4-8 players is ready (any amount of planning and practice can be taken), someone on the team says "GO" and starts the stopwatch.

- One player picks up the Beanie Animal and touches it to spot Number 1 - any part of the chicken can touch the spot.
- This first person "hands off" (not throws) the chicken to another player in the group. This player must then touch the Number 2 spot with the chicken and then hand off the chicken to someone else in the group. This process continues until all 30 spots are touched by the chicken. (Whack-A-Mole-esk)
- No player, using the beanie animal, is allowed to touch two or more numbered spots in a row.
- When the number 30 spot is touched, the time stops - someone needs to stop the stopwatch.

### Scoring:

- Under 60 Seconds: 200 Points
- 61 to 90 Seconds: 100 Points
- 91 to 120 Seconds: 50 Points
- Over 120 Seconds: You might want to try again!



Encourage the team to brainstorm how to improve their score each round. At the end ask each player one thing they liked about how they worked together as a team.

\*\* This can also be played on the ground inside or outside with full size plates for a more active version. Use a rope or draw a chalk line around the numbers as a boundary. You may only have 1 person inside the boundary at a time to touch a number. See how quickly you can touch numbers 1-30 in order.

## Word Circle Puzzles

Write out each word of a puzzle on a separate index card, then put them ALL together ending in a circle of words - each word is connected, in a searchable answer, to the word before it and after it.

Example: Team, Day, Dream, Game would be Day-Dream-Team-Game-Day

1. Blue, Egg, Rest, Bird, Head, Code, Nest, Area, Jay (9)
2. Stone, Shade, Dance, Storage, Top, Key, Shed, Lime, Hat, Pass, Cold, Hall, Tree, Light (14)
3. Iron, Lift, Frog, Bird, Weight, Start, Work, Kick, Lime, Cast, Tree, Song, Night, Up, Shade, Light, Off (17)
4. Square, System, Office, Block, Kind, Float, Building, Red, Out, Letter, Carpet, Law, Man, Error, School, Deal, Plane, Prone, Ticket (19)
5. Clean, Boat, What, Some, Cat, Way, Green, Side, Even, Come, In, Hall, Walk, Ever, How, House, Show, Break, Bean, So, Awe, For, Town (23)

Answers:

1. Rest, Area, Code, Blue, Jay, Bird, Nest, Egg, Head
2. Hall, Pass, Key, Lime, Stone, Cold, Storage, Shed, Light, Shade, Tree, Top, Hat, Dance
3. Shade, Tree, Frog, Kick, Start, Up, Cast, Iron, Work, Song, Bird, Lime, Light, Weight, Lift, Off, Night
4. Man, Kind, Red, Carpet, Square, Deal, Out, Law, School, System, Error, Prone, Float, Plane, Ticket, Office, Building, Block, Letter
5. Awe, Some, How, Come, Clean, Break, Even, So, What, For, Ever, Green, Bean, Town, Hall, Way, Side, Show, Boat, House, Cat, Walk, In



# Flip, Flop Tower

**The Objective** Using only the 36 cups (plastic, paper, red solo etc) you have in your possession, build the tallest free-standing tower in 60 seconds. Create groups of 2-6 people for this challenge.

## Rules for Building:

- One individual cup is added to the tower structure at a time. (Note: Each group is building only one tower structure.)
- Each person in the group must add one cup to the tower structure before anyone adds in a second cup to the structure. Then, everyone must add a second cup to the structure before anyone can add a third, and so on until the time is up. (Note: the order of turns can change during each round of turns.)
- When the horn blows (whistle sounds or "STOP" is called), all hands must be off of the tower structure. What remains standing will be counted for a score.

## Scoring:

Tower structures are scored by number of rows. Rows consist of one or more individual cups - nested cups, one, or more, inside of another, will not count as a row. (Note: The score for the red Solo cup tower is 16 (rows).

After 60 seconds, giving the groups continuous updates on the time remaining, call a hard STOP (e.g., horn, whistle, or yell it out). Count the number of rows still standing - the number of rows is their score for the first attempt. Then, give everyone two minutes to plan and practice for the second attempt. Encourage the groups to try and "better their score."

After the second round, each group makes a note of their score. Then, give everyone one minute to plan and practice for the third and final round. Have them note their score for the third round. After all three attempts take some time to focus on one or more of the discussion points (suggestions) below.

## Discussion Points:

- Planning - What did this look like over the three attempts?
- Strategies - What strategies did you plan on and did they change? Why?
- Failure - If your structure did fall, what did you do?
- Success - How did you measure your success? Were you successful?
- Risk Taking - What risks did you take? What risks did you avoid? Why?
- Collaboration - Did any collaboration take place? Was it "secret" or "open" collaboration?

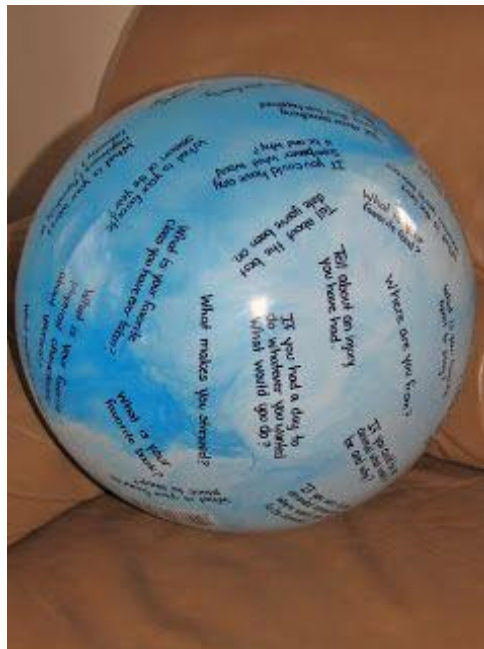


# Category Ball

Set Up: Take any type of medium sized ball and using a marker write down a variety of categories randomly on the ball. If you don't have a ball you can write categories on scap paper and put them in a hat. Instead of throwing the ball pass the hat and pick a category to call out. The same rules apply below. Category examples (Types of cereal, Candy, Movies, Food, Colors, TV Shows, US States, Cartoon Characters, Ice Cream Flavors, Cities, Birds, Trees, Animals, Cars/Trucks etc)

Rules:

1. Have everyone sit in a circle and toss the ball to one player.
2. The player who catches the ball reads aloud one of the categories that is near one of their thumbs. (they keep the ball)
3. Immediately the person to the right names something in that category and then it goes to the next person in the circle.
4. You score a point for your team if you go around to each person in the circle without anyone repeating something that has been said or having a pause of more than 3 seconds.
5. If there is a repeat or a pause end that round and toss the ball to a new person to start a new round
6. If a point is scored the person throws the ball to a new person for a new round.



# Microphone Introductions

## What You Need:

- Introduction Prompt slips of paper (see list for ideas)
- A small bag or hat to hold the slips of paper.
- A circle of people
- Some kind of prop to be the microphone (cup, pine cone use your imagination)

## Method:

- Invite the players to stand in a circle
- Pass the bag/hat around the circle and ask each person to take out one slip of paper - the person can read it but not show it to anyone.
- Let everyone know that they will be introducing themselves to the group in the way the prompt, on the slip of paper, suggests.
- Each player will introduce her- himself - sharing her/his name and something they enjoy doing when they have free time according to the prompt on the slip of paper
- Someone is asked to start. This person is given the “microphone” After the introduction, the group is challenged to figure out what the prompt was - maybe 3 or 4 guesses at most before the reveal (if needed).
- The microphone is passed to the left or right for the next introduction and continues the same way from there.

## Introduction Prompt Ideas (write on slips of paper and come up with some on your own)

- You just won the lottery.
- In a French accent.
- You are super tired.
- You are a whale.
- Everyone is very far away.
- While tap dancing.
- You are a toddler
- You just got off the best roller coaster ever
- You are super nervous
- You just finished working out



# Paper Holding

## Instructions:

1. Form into teams of three to five people.
2. By way of demonstration, ask two people from a team to volunteer and hold one sheet of paper between the palms of one of their hands.
3. Each team is challenged to assist two of their group members to hold as many pieces of paper off the ground by using only their bodies.
4. To guide fair play, announce that: – Only one sheet of paper can be affixed between any two body parts; – No adhesives can be used to hold paper to one's body; – Folding the paper is not permitted; – Each sheet of paper must be in contact with both team members; and – No two sheets of paper can be touching.
5. Distribute sheets of paper to each team, and announce "GO."
6. Allow up to 10 minutes and survey the results.

## Popular Variations

Trio Challenge: As above, involving three people collaborating on the same task.

Partnership Challenge: As above, but in teams of only two people. This means, the pair need to work out how to distribute the sheets of paper and keep a hold of the paper they are already pressed against. Very difficult, but very fun.

Speed Round: Allow only two minutes to solve the problem.

Alternative Media: Use smaller pieces of paper, or fabric, indeed, any material



## Cup Stacking

Goal: Build a three-level cup pyramid as quickly as you can.

Supplies: 6 cups, string, rubber band

Rules:

1. Players must, at all times only hold the strings at the knot at the ends.
2. Cups must start every attempt stacked inside one another with the openings of the cups facing down.
3. Once the timer says "Go" to start the attempt, only the string or rubber bands may touch the cups. If a cup is touched by a player the time stops.
4. The time stops when there is a three-level pyramid constructed, cup openings facing down- 3 cups at



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# House of Cards

## Set Up:

One deck of cards for each group

1. Students use their non-dominant hand to place a card one at a time to create a house of cards using the maximum amount of cards/ or to create the tallest house. (pick one as the goal for the group) Every team member must place cards using only their non-dominant hand.
2. Allow students 5 min. to explore the process of building with the cards.
3. After the 5 min exploration have the students come to a consensus on what their group goal (either number of cards, or how tall).
4. Allow 15 minutes for the teams to work on their goal.



# Picture Communication

## Set Up:

- Create a variety of pictures using simple shapes(triangle, squares, circles, hearts, house, stick figure, sun, moon, stars etc. (do not let the students see these pictures)
- Students partner up and sit back to back in chairs or on the floor. One person needs to have a picture in front of them, the other a blank piece of paper and pencil.

## Goal:

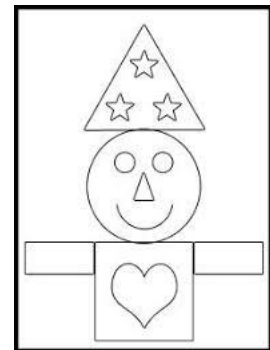
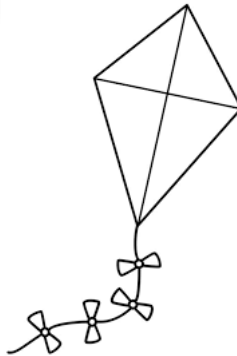
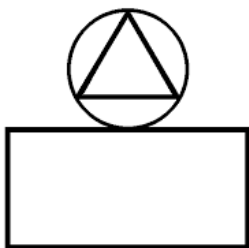
- The goal is for the partner to communicate effectively the geometrical picture that has been given to him/her.

## Rules:

1. Partners must sit back to back where they cannot see what the other person has in front of them.
2. Partner A has the geometric picture and is communicating to partner B what the picture is to replicate the image on the blank paper in front of them. Size, shape and direction matter to be successful with the goal.
3. Once partners think they are finished, compare pictures and analyze their results.
4. Partner B obtain a new picture and change roles. Repeat same process.

## Reflection:

- What was challenging or difficult about being successful with this challenge?
- What did you do that helped you become more successful or what got in your way of being successful?



# Flip and Find

## SetUp:

Establish a starting line. You need a suit of 13 cards for each group of 2-3 players. Mix up (shuffle) each suit and then set them down in a horizontal line (see picture)

## TheObjective:

Turn the cards over in sequence - starting with the King and ending with the Ace - as quickly, and safely as possible.

## Directions:

- One person from each group can be in the "card field" at a time (over the starting line).
- One card can be turned over during each turn into the card field.
- If the card turned over is the first one (the King) or the next one in sequence (after the King), it can stay turned over - face up. The card must stay in the same place on the floor (or, ground).
- If the card is not the one in the sequence, it must be turned back over, face down in the same place on the floor.
- All players must take one true before any player takes a second turn. All players must take a second turn before anyone take a third turn, and so on.
- Players can talk to each other during the activity - they can help each other remember where certain cards are positioned.
- When the Ace (the final card) is turned over, the player to turn it over lifts the card into the air to signify completion of the task (jumping up and down is okay too!).
- Give them time to brainstorm between rounds on how to improve their time.



## Helium Hoop or Stick

**Set Up-** Hula Hoop or Pole/Stick

### **Instructions:**

- Present each group of 4-6 people with a hula hoop or stick/pole. Tell them they must lower the hoop to the ground quickly and evenly.
- Each member must hold out a finger on each hand. Those fingers must maintain contact with the bottom of the hoop at all times.
- Hands must stay parallel with the ground and participants cannot hook the hoop/pole.



### **Debrief Questions:**

- What was your experience during this activity?
- Was this difficult? Why?
- What needed to happen to be successful in this activity?

# Cereal Box Team Puzzle

## Set Up:

Cut the front and back of cereal box up into 8-10 puzzle pieces. Cut harder shapes for older students. Cut several cereal boxes to have more options or to do multiple groups at same time. Divide into groups of 2-4 people

## Rules:

1. Challenge is to see how quickly the team can assemble the puzzle.
2. After the first attempt allow the team to brainstorm ideas to improve on their time
3. Give the groups several attempts to improve their time.
4. Every team member must place puzzle pieces.

## Reflection:

1. How did we work together to achieve our goal?
2. What could we have improved with our teamwork?



## King/Queen Frog

Sit in a circle with all players. Each player chooses an animal to imitate. They must come up with a symbol to represent this animal. (ex. Elephant make a trunk with your arm, bunny make ears with your fingers, bird wings with arms etc.) All players must have a different animal. Each player must remember each symbol. One player is the King/Queen Frog and their symbol is to clap your hands together, then move the top one away as if jumping from a lily pad.

The game begins with everyone seated in a circle. The King/Queen frog makes their sign and immediately makes another sign following theirs. The player whose sign was made must immediately make his/her sign followed immediately by another player's sign. Play continues in this fashion.

If any player hesitates and/or misses her cue, the player will move to the seat to the left of the king/queen frog and then everyone moves up one seat to fill the spot. The tricky part now is the animal and symbol don't move with the person, but stays with the chair. Make sure everyone knows their new animal/symbol if they have one and continue play. The goal is to become King/Queen frog.

