

Team Building

Name: _____

1. Try Teampedia.net - Google anything along the lines of 'Team Building'
2. Team Building Goals - Knowing each other's names; Feeling comfortable talking to each other; Positively channeling the instinct to get your idea heard, and not fighting; Respecting each other's talents; Listening to each other; Trusting each other
3. Games
 - a. Name Games
 - i. Circle Games – Name with motion (add Thumper afterwards), name rap/rhyme, name with characteristics about yourself, throw the ball with a name, keep a balloon up with names, etc.
 - ii. Question Games - grid with questions for each member to answer and then find another team member with the same answer, 2 truths and a lie, etc.
 - b. Human Knot
 - i. In a circle, put hands in center and grab two different people – now untangle
 - c. Cup Game (youTube it); Thumper (bang hands on table, someone calls out "What are we playing?" Everyone say "Thumper", then the person who called out does his symbol and someone else's, that person does their symbol and someone else's until someone messes up); Down by the River; have them make up a rhythm game
 - d. Back to Back Drawing – two people, with a simple drawing, instruct the person behind you how to draw without telling what the picture is
 - e. Just about any hands on Spontaneous Problem – have them do it alone, then as a team, then analyze the different experiences
 - f. The floating stick/Helium Stick – form two lines, face each other, extend index fingers, support bamboo stick on fingers and lower stick to the ground – do not let stick float up or lose contact with the fingers
 - g. Toxic Waste – tie ropes to a bucket, plate, ring, anything round; each team member grabs a rope from a designated distance, lower the ring into a space
 - h. Team mascot, team chant
 - i. The Maze – put a masking tape grid on a tarp and give the team a path noted out on a piece of paper that matches the tarp grid – they have to use signals to get someone through the grid
 - j. Cross the River – designate a 25 foot wide river, and give them 5-7 pieces of paper. They have to cross the river, as a team, without losing touch with each other
 - k. Ropes Courses
 - l. Simple Competition against other teams - Spontaneous Problems; Tug of War; Group Scavenger Hunts; Bowling; Paintball; water gun fights; laser tag; go-carts; mini golf; etc.

Have Fun!

Team Building Presenter's Notes

1. So many, many exercises! So many websites – my favorite is Teampedia.net, but just Google anything along the lines of 'Team Building' and you will get a ton of hits – we will go through a few exercises today
2. What is the Goal??
 - a. Each team is different, but here are some goals:
 - i. Knowing each other's names
 - ii. Feeling comfortable talking to each other
 - iii. Channeling the instinct to get your idea heard, and possibly fighting
 - iv. Respecting each other's talents – so you have to know each other's talents
 - v. Listening to each other
 - vi. Trusting each other
 - b. Not easy stuff!
3. Sometimes, you can do all the exercises in the world, and it makes no difference
 - a. Teams that I have seen acting well together – high school team, my daughter's 7th grade team
 - b. Teams I have seen not acting well together – Dinostory middle school, my son's 5th grade team, lots and lots of elementary school teams
4. Sometimes, something bad has to happen
 - a. Daughter's 6th grade team got smashed in competition, came back on fire in 7th grade
 - b. Last year, one of our teams lost a team member in a dramatic setting, and the team came together in the last week
5. But, we don't want bad things to happen, so we try and try and try to get them to come together as a team in a positive manner – Games!
 - a. Name Games – if they don't know each other, it's hard to trust each other
 - i. Circle Games – Name with motion (add Thumper afterwards), name rap/rhyme, name with characteristics about yourself, throw the ball with a name, keep a balloon up with names,
 - ii. Question Games - grid with questions for each member to answer and then find another team member with the same answer, 2 truths and a lie – you can't do enough of these type of games!
 - b. Human Knot
 - i. Do it once normally – they will probably shout at each other - physically touching each other builds camaraderie (like a football team) – try to leave yourself out, if they start to shun you a little, that's the OM way

- ii. Decide what your goal is and modify the game: All close eyes except one who tells them what to do (listening and trusting a leader), no one talks (listening to each other), one person talks, etc.
 - iii. Time each iteration and discuss why they got faster – probably listening to each other???
- c. Cup Game (youTube it); Thumper (bang hands on table, someone calls out “What are we playing?” Everyone say “Thumper”, then the person who called out does his symbol and someone else’s, that person does their symbol and someone else’s until someone messes up); Down by the River; have them make up a rhythm game – All of these are fun, are mildly competitive and get them to interact with each other and build trust
- d. Back to Back Drawing – listening to each other, giving good directions – Time them
- e. Just about any hands on Spontaneous Problem – have them do it alone, then as a team then analyze the different experiences
- f. The floating stick/Helium Stick – I just use a bamboo stick that I have at home – listening to each other – Time them
- g. Toxic Waste – the bigger you make the ropes and the smaller you make the circle, the harder it is – saw this huge at Worlds 2006
- h. Team Mascot/Team chant – Go Woodstock! Go Penguins! It’s goofy but the kids really get into, wether they admit it or not. This one comes with time.
- i. The Maze – change it up each time – one person can talk, blindfolded, different maze on paper, have them make up their own maze, etc.
- j. Cross the River – Change it up; different things they have to step on, different rules about who can be on the shore, etc.
- k. Ropes Courses – Town of Cary has some, but you have to be 12 and older, I think, kind of expensive but professionally run
- l. Simple Competition – okay, we are getting huge here!
 - i. Spontaneous Problems with multiple teams
 - ii. Tug of War with multiple teams
 - iii. Group Scavenger Hunts with multiple teams
 - iv. Bowling, Paintball, water gun fights, laser tag, go-carts, mini golf

Have fun!!!!