

Team Builders

Supermarket

The first player says: "I went to the supermarket to buy an Apple (or any other object you can buy in a supermarket that begins with an A). The next player repeats the sentence, including the "A" word and adds a "B" word.

Each successive player recites the sentence with all the alphabet items, adding one of his own. For example; 'I went to the supermarket and bought an Apple, Banana, CD, dog food, envelopes, frozen fish'. It's not too hard to reach the end of the alphabet, usually with a little help! Watch out for 'Q' and 'X' ☺

Tall stories

The leader starts a story with a sentence that ends in SUDDENLY. The next person then has to add to the story with his own sentence that ends in SUDDENLY.

Continue the story until everyone has contributed. The story becomes crazier as each person adds their sentence. Tape it and play it back. For example; 'Yesterday I went to the zoo and was passing the elephant enclosure when SUDDENLY.....'

Once upon a time

Ask each person to think of either the name of a person, a place or a thing. Invite them to share this with the rest of the group. Select one of your group members to begin a story. However, within 10 seconds they must mention the person, place or thing they have thought of. After 10 seconds (use a stopwatch or kitchen timer) the story is continued by the next person who must also mention their person, place or thing within the 10 seconds.

Continue until everyone has made a contribution. The stories can get really weird, but that's part of the fun!

Word link

This is a word association game. Ask the group to sit in a circle. The first person starts with any word they wish i.e. red. The next person repeats the first word and adds another word which links to the first i.e. tomato. The next person repeats the previous word and add another word link i.e. soup, and so on. To keep this moving, only allow five seconds for each word link.

Watch where you step

Using masking tape, create a large polygonal shape on the floor. It should be about 12 feet long by 6 feet wide, at least. Mark the start and stopping points. Make the shape a bit convoluted, choosing a shape that is elongated with the idea that people must make their way from one end to the other. Place a few squeaky dog toys inside the shape, and twice as many full sheets of paper with a large X on them inside the shape. The pieces of paper are mines. At least two at a time, each person on your team must make their way from start to finish blindfolded. They cannot step outside of the boundary, nor can they step on a mine. If they do, they are frozen. They can only be unfrozen if someone else inside the shape steps on a squeak toy. Their only guidance is the vocal commands of those outside the shape who are not blindfolded.

One minute please!

The aim of the game is to talk for one minute on a given subject. You announce the topic and a member of the group is randomly selected to speak for one minute. Use a pack of cards to randomly select, i.e. the person who draws the lowest number. Choose subjects to stimulate the imagination, which may be amusing. Put a stopwatch on each person to see how long they last before drying up! Subjects might include, my earliest memories, my favorite computer game, why beans are good for you, 10 things you can do with potatoes, Alligator wrestling, if you were an animal at the zoo, etc...

Balloon hugging

Select three pairs to help you with this game. Give each pair three balloons. The pair must blow up and knot all their balloons. Then place two under the participant's armpits and one between the pair as they face each other. The pair then has to burst the three balloons simultaneously by hugging each other. The winning pair is the two who burst all their balloons in the quickest time.

Twenty questions

20 questions is an old party game which encourages deductive reasoning and creativity. One player is selected to think of an item. The rest of the group tries to guess the item by asking a question which can only be answered with a simple "Yes" or "No." Truthful answers only, as anything else will ruin the game.

Wink murder

Ask the group to sit in a circle. Choose a number of playing cards to match the number of people in your group. Be certain your selection contains an ace. Each person then draws a card. They must not comment or show it to anyone else. The player who chooses the ace is the murderer and he kills his victims by winking at them!

The game begins quietly with players sitting looking at each other. When someone catches the eye of the killer and is winked at, they are killed, and can die in any manner they choose. Some prefer to die quietly with a whimper, some opt for the blood curdling scream technique, while others might fall off their seat and lie prone on the floor. The object is to identify the murderer while trying not to be killed in the process. An incorrect guess results in instant death!

Using your Closed World

Divide your team into equal groups. Create a specific project with clear restrictions and a goal. For example, you might have your team create a device that involves movement without electricity, and moves a golf ball from point A to point B. The challenge is completely up to you.

Then give each team the same supplies to work from, or create a pile of available supplies in the middle of the room. Give them a specific time to complete the project, making sure to mention that they can only use what is available in their closed world, though how they use it is completely up to them. The final reveal is a fun event, and a great opportunity for your team to compete.

Affirmative Fold Ups

Give each participant a sheet of paper and ask them to write their name on the top of the paper. Place all of the papers in the center of the circle. Have each participant draw a sheet from the center (not their own) and ask them to write one positive word (or a sentence) about that person at the bottom of the sheet. They then fold the paper up to cover up the word. Have them place the sheet back in the center and repeat on another sheet. Participants continue to select sheets from the circle to write affirming words on, until the name is the only thing showing on the paper. The leader can then distribute the paper to their owners.

Twizzler Tie Up

Place everyone into groups of two and hand them ten Twizzlers (make sure they are fresh). Explain to them that they are a part of the greater Twizzler Tie Up competition.

The goal for each team is to tie the Twizzler into a knot (a simple loop that is pulled together is fine). The catch is that they must work together as a team, but each participant can only use one hand.

The first team to tie up all ten Twizzlers wins!

Bonus Tips:

- Use Twizzlers, not licorice. Twizzlers are more challenging in that they are more slippery, but they are more durable as well.
- Have some extra Twizzlers around in the case that some break.
- Award the winning team a package of Twizzlers for their knot tying prowess.

Blind Drawing

Divide your team into groups of two each. Have each person sit with their back to the other. One person will have a picture. The other person will have a blank sheet of paper and a pen. The team member with the picture must not show the other person the image. Instead, they are to describe the image without using words that give it away, while the other team member is to draw what is being described.

For example, the picture might be of an elephant standing on a ball. The description cannot be "draw an elephant on the ball" but instead must use other adjectives and directions. After a set time limit, the drawing time ends and both team members view the original picture and the drawing.