

Teambuilding Activities



These activities can take 5-10 minutes and are useful for getting groups to work together. Some can be developed into longer team building tasks, while others are suitable for short sharp activities that can be used to energies or refocus a group.

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| Challenges that don’t require equipment |
| **Circle and sit** | Standing in a circle all facing the same way, after a count of 3 everyone sits down on the knees of the person behind them. |
| **Line up** | Line up in the order of age, names, birthdays etc. You can make this more difficult by banning speaking, or having the group line up on a bench adding in a need for balance and working together to change order. |
| **Group knot** | Must be even number of people in the team for this to work.Standing in a circle facing each other, everyone holds another person’s right hand then holds the left hand of a different person. The object is to untangle the knot. Note some will be facing outwards at the end. Works best with minimum of six. |
| Challenges that require minimum equipment |
| **And Suddenly…** | **Equipment:** small props. Can be anything that you have laying around, or if you want to start thinking about expeditions may include things like tent pegs or first aid kits. In groups of 5 – 8, the first person starts a story, giving 3-4 sentences which should end with “and suddenly…” or a similar statement that the next person has to continue. The story grows with each person. You can help start stories off by having small props or suggestion cards.  |
| **Name game** | **Equipment:** Two or three soft items that are throwable, e.g. medium size soft ball, squeaky dog toy, furry dice etc.Good icebreaker at the start of a session. Everyone stands in one big circle, and must throw the item across to someone else while shouting their name. Each person must get the item once. Attempt to repeat this in the same order, then in reverse order. You can add more items, or attempt a time challenge. For the time challenge, they have to all receive the ball in the same order, but don’t necessarily have to stay standing in the same place.  |
| **Hoops around circle** | **Equipment:** Hula Hoop or slingStanding in a circle holding hands the Hula Hoop is placed over one person’s arm. The hoop must be worked around the circle, without breaking hand grip, using teeth or fingers, |
| **Bungee** | **Equipment:** 2 cones or similar for start and finish points, circle of bungee (eg. the inner tube for a bike)The bungee is placed on the ground between the start and finish points. The quickest team to get from start to finish points and through the bungee wins. Best way is for 2 to hold, i.e. feet in it and hands pulling it up and out so that team members can run through. Give lots of goes for practice Can be against the clock or race. |
| **Magic Wand** | **Equipment:** Length of dowel, cane or walking pole.Teams to stand in line, one half the team facing the other. With elbows tucked into waists, extend their index fingers out to support the cane. The cane is placed across fingers and without gripping it they have to lower it to the ground while keeping it perfectly horizontal. Much harder to do than it sounds, which is why it is magic.  |
| **People Bingo** | **Equipment:** Bingo gridEach participant is given the bingo grid which they must try to fill with other people’s signatures. The grid will be filled with statements such as “I can juggle” or “I have met a celebrity”. The first person completed shouts “Bingo!” Feel free to bring people out to check that they have only written there name under things that they can do/have done. Text in the boxes and number of boxes can be changes to suit your group.  |
| **Pyramids** | **Equipment:** 3 cones or markers, items to make a Pyramid shape e.g. wooden blocks, books etc.Three stations (the markers). Pyramid has to be moved to the end cone. Only 1 block to be moved at a time. A longer block cannot be placed on a shorter one, nor can it be swapped. Start with 3 blocks so that people understand the principle, then move on to 4 or more! |
| **Reef knot** | **Equipment:** Short rope for practise, longer one for knotGive each team the short piece of rope to practise and make sure that all can tie a reef knot. Then give them the longer rope and ask them to tie a reef knot using 1 team member as the middle, and with all team members holding onto rope and not moving their hands so that they have to go in and out of the loops. |
| **Racoon Tails** | **Equipment:** Several lengths of rope with the ends ties togetherThe group is divided between the number of ropes or “racoon tails” that you have. Everyone must have two hands on the rope, with the knot being the starting point. Shout out orders for passing the rope around the group: clockwise/anticlockwise/behind your back. The groups race to pass the rope as directed until the knot gets back to the starting points when they should raise their hands and the rope into the air to finish. |
| **Selfie Task** | **Equipment:** sheets of paper, cello tape, pensIn pairs, one person sticks a sheet of paper on their partner’s back. They should chat as they draw their partner and write some hashtags that describes their personality or interests. Swap and compare.  |
| **Sheep and Shepherds** | **Equipment:** 4 cones (or something to mark out a sheep pen), blindfolds (old scarfs will do), various noise makers ie whistle, biscuit tin & stick, squeaky toy etc.One team member is the Shepherd and operates the noise maker and cannot move. The Shepherd cannot speak and guides the sheep into the pen. The rest of the team are the sheep and are blindfolded. Scatter sheep when blindfolds are on and then re-position the pen. |
| **Tug of war** | **Equipment:** Heavy weight poly prop rope or similar.Have a knock out between the teams ie best of 2 teams against the other best of 2 teams. Allow as many attempts as you want. |
| **Blindfold Square** | **Equipment:** Rope or similar, blindfolds (old scarf’s will do).Make the most perfect square using a rope. All rope must be used, and all team members to hold rope.All team members are blindfolded, or you can have one person not blindfolded who can give instructions. This makes it easier! Nobody touches rope until blindfolds are on.With blindfolds still on, tell them to put the rope down on ground when they think they have created a square. |
| **Nuclear containment** | **Equipment:** water bottle, string, markers and colander The water bottle is a nuclear hazard that cannot be touched. Mark out two ‘safe zones’ that no one can enter, and explain that the nuclear hazard must be transported from one safe zone to the other without it touching ANYTHING! You can either give the team two long strings that they can use, or set the bottle up on top of an upside down colander with 3-4 long lengths of string threaded through the holes. Both methods require a good amount of problem solving and communication to complete.  |