

Team Building, Ice Breakers, and Games!

Team Building / Ice Breakers

Knots

Get in a circle with approx 7 people or more. Then join hands in the center, but you can not take the hand of the person next to you or to the same person twice. Now, without letting go, unknot yourself.

Playing Cards Greeting

Standard deck of cards gets passed out and then various ways to group up. All aces together, all suites together, all 2's, 3's, 4' s together, group by color, group by rank, etc

Build a Handshake

Pair up players and have them create a handshake together that has 3 points or "moves". Have them practice enough so they can teach this handshake to someone else. Find another partner and they teach each other their moves. Now they have 6 moves total. Find another partner and then teach them those 6 moves, plus learn the partner's 6 moves so now you have 12 moves together, etc.

3D Commonalities

Get in group of 5 or 6. Players are to discover something they all have in common that can be presented 3-D to the rest of the group. When everyone is ready, each small group presents to the large group who shout out guesses of what the small group has in common.

Name Juggling

Everyone stands in a circle facing each other. Take an item and call out a person's name who is across from you. Tell the person that you are going to toss the object to them. Once they catch it, tell them to call out a person name who is across from them and toss the object just like you did. The third person is to call out and toss to another person from across the circle. These actions are repeated until all people are included. No one is to go twice, except when the last person is called, he is to say your name and toss back to the first person. Try again faster, and adding more objects.

Looker, Runner, Builder

You'll need something that you have duplicates of (pens, paperclips, paper, etc). Have an area behind a closed area with those 4 items placed together. Those same items will be with the builders on the other side of the closed area. The looker looks at the objects and tells the first runner. The runner tells another runner the placement of the objects, and then the builder asks the second runner yes or no questions about object layout. Fastest team to duplicate it, wins. Lookers can go back and look at the object, runners can go back and talk with lookers.

Categories

Tell the group that you will be saying different categories, example: favorite ice cream flavor, favorite NBA basketball team, favorite fast food place, etc. Then they must all yell out what their favorite is and find someone else who shares that same favorite. Then gather as many people who share the same favorites, then the leader calls out another favorite something and you try to find more people who share your favorites.

Benches

Group is split up into 2 teams. Each team sits on a benches faces each other. They are told they must switch places completely with the other bench, never having both feet on one side of the bench. Feet must be on each side, or on top, or the other side.

Around the World

Split large group into 2 smaller groups. Have the group form a circle holding hands. Break one set of linked arms and put a plastic hoop in between and re-link the hands. The object of the game is to get the hoop around the circle, over and under people before the other group does.

I like people who

Everyone sits in a circle in chairs. There is one less chair than people total therefore having someone in the middle. The person in the middle says "I like people who _____" Something descriptive about what people in the group are wearing or doing. Example could be, people who: wear black socks, who play the guitar, who like to chant, who have brown hair, etc. If you qualify for something the person says, then you must get up, and run to another empty seat. The person left standing is now the person in the middle who says something they like about people.

Anti-Name Game

Mingle around the room and shake hands with other people. After you shake hands and share first names, keep that person's name and use it for yourself when shaking hands with the next person. Then when you approach the next person, you introduce yourself as the previous person you just met.

Find Your Character Buddy

Have on cards characters with mates or friends. Ex: Mickey & Minnie Mouse, Bert & Ernie, Snow White & 7 Dwarfs, Aladdin & Jasmine, etc. Put the cards on people's backs without them having seen their card. Then they must ask people yes or no questions about their character on their back. When they figure out who they are, have them find their groups of friends based on the characters.

That Person Over There

Each person introduces themselves to another player in the group – shakes hands, says your name – make sure you learn their name. Then, each player goes off to find another player. Introduces themselves and points out the last person they met by saying "that's _____ over there" Ex: "Hi I'm Kyra, that's Tina over there"

One Truth

Everyone writes down on a piece of paper a truth about themselves that no one knows. Put all the paper in a bag, then pick one out. 1 person starts and guesses who it is. If they guess right, then that person joins that person and they create a team. Then that team can continue to guess together. If the guess is wrong, then the person who was guessed, now guesses.

Joke & Punch line

Write a joke on one card and a punch line on another. Be sure to mix the cards up. The number of different jokes you use it up to you. Give each person a card. Explain that they may have a joke or a punch line on the card. On a given signal, they are to walk amongst the crowd trying to find their matching part of their joke/punch line. When they find their other half, they are now a pair and ready to talk with each other.

Name Dropper

Write down all the participants' names on slips of paper. Roll up each name and place one in a balloon. Blow up and tie off the balloons and put them into garbage bags. If possible, drop the balloons from the ceiling at the signal. You could also just dump the balloons on the ground. Everyone is to get a balloon and pop it. Then, they need to find the person on the slip of paper and introduce themselves.

Hearts, Stars, Triangles, Circles

Have an equal amount of 4 shapes. Then color them into 4 equal amount of colors, such as yellow, red, blue, and green. Each participant then receives one of the objects. Then you can call out and have people group up based on the shape, or the color. You can also have numbers and letters on the objects to divide the groups even further.

Barnyard

Think of as many animals as you want groups. Whisper in each person's ear the name of a farm animal. On the signal, they must make the noise of that animal and find their family. You could also try this in the dark! Once the whole group has found their families, the next small group activity can begin.

Vortex

Ask everyone to find a partner. Make sure there is an even number of people. Have the partners face each other and introduce themselves. Ask them to decide who wants to be in, who wants to be out. Then have one's who said "in", make a circle facing inward. Then those that said "out", have them inside the other circle but facing outward so they are facing their partner. So it's one circle inside of another, facing each other. Then each person gets 1 minute to talk to each other about something the group leader has announced, like " favorite movie, If you were to donate a million dollars to a charity, what would it be?" etc. Then after a minute the group leader says for the outside circle to rotate so many people so they now are facing new people. Keep going with a minute, questions, and rotating people.

You, Me, Left, Right

Have the group form a circle, with the facilitator in the middle serving as the "caller". Ask the people in the group to introduce themselves to the people directly on their left or right sides. Explain the person in the middle will point to someone in the circle and say either "You", "Me", "Left" or "Right" and count to five in a reasonable time.

"You" is the person being pointed at

"Me" is the caller

"Left" is the person to the left of the one being pointed at

"Right" is the person to the right of the one being pointed at

The person being pointed at must correctly name that person before the caller counts to five. If they succeed, the caller moves onto a different person of their choice, if they do not succeed, they become the caller.

Captain Of the Boat

One person is chosen as the Captain. Then the Captain gives out commands for everyone to the "crew" to follow. If a crew member doesn't follow an order correctly, the he or she is out. Have all crew members mingling around the "boat" until command is given.

Orders:

Hit the deck – lay down on your stomach

Attention on deck – salute & yell "Aye, aye captain" – players may not move now until the captain gives the order of "At ease!" (ie, even if the captain gives a different order such as "to the ship" the crew must continue to remain at attention until told "at ease")

Clear the Deck – everyone must have their feet up off the floor

Scrub the Deck – everyone on their knees scrubbing

Periscope – every player falls on their back and sticks one leg in the air

Dance Party – crew members grab a partner and dance. Anybody without a partner is out.

Three Men in a Boat – the crew must form groups of three and sing, "Row, row, row your boat" Anybody who is not in a group of three is out

Octopus – four people gather together, sit down in a circle, but facing outwards and linking arms now creating their eight legs

Name Tag Switch

Give everyone someone else's nametag and tell them that they have to find that person, by whatever means necessary. Try to make sure that there is a good chance that the person getting the nametag doesn't know the person who is to receive it. Everyone should meet at least two other people, the person that they give the nametag to and the person who gives them their own nametag!

Human Bingo

Statements are written in each square of a 5X5 grid. Each person is given a sheet and walks around trying to find others who match the statements. When they do, that person signs one square that applies to them. The winner is first to "blackout" or if you want to make it easy, the first person to five in a row. A big key is only one signature per person on any one's person sheet.

What's My (Clothes) Line?

Colored 5X8 cards are attached to a clothesline and hung in front of the room. Between 35 to 40 numbers appear on the line. Behind each number is another card with just one word printed on it. The numbered cards are in various colors to break the monotony. A few cards can be blank and four can have \$1 bill behind them for added thrill. Each person calls out a number. The cards with one word say things like: sports, respect, crafts, adults, and accidents. When they get the word, they discuss it with the group. You could also ask a question. People who get blank cards may offer an idea that would benefit others or say nothing. The people who draw the money will smile.

I, Me, My

Give out 10 beans (candies, peanuts, etc) each and have the group converse and mingle. If anybody says the words "I", "Me", or "My" they must give up a bean to the person they're talking to. Whoever was able to get others to open up about themselves and has the most beans in five minutes is the winner!

Question Circle

Prepare questions on sheets of paper. Copy the information onto bright colored paper and put them inside plastic slipcovers to make them last longer. Place the questions one at a time in a circle formation on the floor. Make sure that the group is divided evenly and that there is enough questions for exactly half of the group. Have one of the groups individually stand next to the questions inside the circle and have the other group do the same on the outside of the circle. When the signal is given, the two people facing a question read it and give their input on the answer to each other. After a small set time, announce that everyone is to move exactly three questions to the left. Each turn from then on, announce a number and indicate if they should go left or right.

The Colors Game

Have everyone take three different colored candies. After the whole group has them, explain that they need to say their name and the following things based on the color of the candy that they selected.

M & M Color Code:

Dark Brown – favorite TV show

Light Brown – Favorite movie of the past year

Yellow – Favorite Sport

Red – Favorite Singer/Band/Type of music

Blue – Favorite Vacation

Green – Favorite Fast Food Restaurant

Games

Everybody's It

Variation of tag. Set up boundaries. Everyone tries to tag someone else. If they are tagged, they sit down and are an "ankle biter" and can tag other people, but only if they are sitting.

Team Tag

Teams of 4-6 players. 1 object considered "orb". Everyone's it to tag each other. If you get tagged, the "orb" must be passed to you to un-tag you. Last team with most players standing wins/or at end of playing time wins.

Link Tag / Cat & Mouse

Everyone has a partner except for 2 people. 1 person chases the other to take them. If "chasee" doesn't want to be chased anymore, then they "link" with a pair. Then the outer person from that pair now has to be chased.

Step Tag

Set up boundaries, everybody's it. 1 person says "step". Everyone takes 1 step and tries to tag another person. If a person is tagged, then they sit down and are an "ankle biter". Continue to Yell "Step". Last person standing wins. If you tag person at same time, then you both are ankle biters.

Eye Tag

Set up boundaries, pick a partner. 1 person is it. You can only tag the partner by catching eyes with them. When eyes have connected, then switch with partner.

Indian Chief

1 person is out and will be guesser. 1 person is the Indian Chief. When game starts, everyone does what the Indian chief does. The guesser tries to spot Indian chief among the group who all look like followers.

Germ Wars

2 teams, 1 doctor per team. Both teams throw crumpled paper against each other, if it hits you waist or below, you are out. Only the doctor saves people when they get tagged. If the doctor dies/tagged, then no one can be saved. First team to kill off other team wins. (wet variation is with sponges)

Islands

Set up cones in a circle. Say "Sail the 7 seas" or play music and walk around the cones. When leader says "islands", everyone runs to a cone (safe zone), but last person on a cone, is out.

Cool as Ice

Circle of kids and 1 ball. Object is to catch the ball when person in the middle throws it to you. If ball is faked thrown, and you flinch, then sit down. If ball thrown to you, and you don't catch it, you sit down. Last person standing is now in the middle.

Wizards, Giants, Elves

Split group into 2 teams. Choose together as a team which character they are, Wizards, Elves, or Giants. Both teams come to the middle, and on 3, they both yell & produce motion of which one they are. Wizards reach arms out in front of them and wiggle their fingers, Elves put their fingers right by their ears creating pointed ears, and Giants have their hands up over above their head indicating their size. Which ever team wins the battle, they run to tag other team players before they reach safe zone. If tagged, then you join that team. Wizards beat Giants, Giants beat Elves, Elves beat Wizards

Dodge ball

2 teams across from each other throw a ball and try to hit members from the opposite team. If hit, then your out. Last team with most players in, wins. Some rules to keep in mind, everything is below the waist. If the ball bounces and hits you, your still out. If the ball is caught in the air, then a player comes back in.

Prisoner Ball

2 teams on either side of a net or line. 1 team calls out the name of an opposing player. The team proceeds to toss the ball over the net/line. If the ball is caught, then nothing happens, players stay where they are. If the ball is not caught before the ball hits the ground, then that person who's name was called is now in "jail". "Jail" means you are sitting out for now in a specific place. A person is released from Jail when there is someone in jail, and then the ball hits the ground before being caught on the opposite team. If the team calls jailbreak when they toss the ball over the net, then if the ball hits the ground on the opposing side, then everyone in jail gets to come back in to play. If the ball bounces out of bounds, the person who tossed it is in jail.

Sharks & Minnows

The group starts out on one side of a field or room with one person in the middle of the room. The person in the middle will call out the sharks (boys) or minnows (girls). He will then specify how he wants them to cross the room (running, backwards, hop on one foot, etc) The person in the middle will then chase in the same manner that they called out. If one of the sharks or minnows are tagged they sit right where they were tagged and become seaweed. This seaweed has to stay on their backsides, but they can tag others that are crossing as long as they are sitting. If tagged by seaweed, the participants become seaweed as well. Last person to not get tagged wins.

Hand Game

Everyone must either lie on their stomachs with their hands in front of them or sit at table with their hands in front of them, in a circle. Either way, have your hands ready to slap a flat surface. Once everyone places their hands directly on the table or ground in front of them, move your right hand in between the person to your right's hands. This create an alternating hand pattern. So, looking down onto the group the hands would look like this: (From left to right) My LEFT hand, then the person on my left's RIGHT hand, then the person on my right's LEFT hand, then my RIGHT hand, and so on. Although it is hard to describe, it's a really simple set-up... To start, one person starts the slaps with their hand once on the ground/table. Game will always start going clockwise. The hand to the left of the first slap, will then slap the table/ground. , then the next closest hand, and so on. You can then continue going clockwise until someone double slaps, in which then the slaps will go counter-clockwise. A single slap keeps the slap going in the correct direction, a double slap sends the slap in the opposite direction. If someone slaps out of turn, they must remove that hand. All other hands stay where they are. When both hands are out, that person is out of the game. The game is over when there are two people left.

Crown Jewels

There is a specific object known as the "crown jewels". This object sits at one end of the field, while a pre-determined line sits at the other. 2 people will protect these jewels from everyone else. Have people try to steal the crown jewels and run it past the predetermined line without getting tagged. If they do, then they protect the jewels. If they are tagged, then they have to sit their till the jewels are stolen or everyone is tagged.

Human Pinball

Players stand in a circle with their feet spread shoulder width apart and their feet are touching the person's feet next to them. Everyone bends over, closes hands together to create their "lever" and tries to hit the ball between each other's legs. If the ball goes between your legs, your out and the circle gets smaller. If the ball goes between 2 person's legs, then they are both out and the circle gets smaller.

Time Killers/Random

6 count – arms stretched out with enough room

Left arm

1. straight up
2. straight down
3. straight up
4. straight down
5. straight up
- straight down

Right Arm

1. Straight up
2. Straight side
3. straight down
4. straight up
5. straight side
6. straight down

Quick Draw

Have one person as the leader, very similar to simon says. Everyone has 3 options: hands on your head, hands on your shoulders, or hands on your knees. The leader will say "1, 2, 3" on 3, everyone chooses one of those three options. If you match the leader, then you are out. The object is to be the last one who doesn't match the leader and last one standing, wins.

Switch, Change, Rotate

Players get in groups of 3 or 4 and stand in a line facing the same direction, one behind the other. Then the leader calls out these commands while the lines are walking around.

Switch! – front and back players change places

Change! – line changes 180 degrees to face opposite direction

Rotate! – player at front of line goes to the back of the line