



Team Building Activities Set 1

The activities included in this set require few or no supplies. The activities could be completed by everyone on the team or with representatives for multiple teams. The number of participants is up to you. When using music, be sure to check out the lyrics in advance so you know they are “kid” appropriate.

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#1 Team Building Activity: A What?

What you will need:

- 4 items to pass, this can be a stuffed animal, a water bottle, anything that is easy to pass

What you will do:

1. Divide the group into teams of 6-8. Have each team sit in a circle
2. Explain you are going to distribute 4 items among them and tell them what each item represents. For example a water bottle could represent an eggplant, and a stuffed bear a potato.
3. Explain the person with the item will be given the direction to pass "right" or "left" The item that person has must only be passed right, left, right, while a person who is directed to pass "left" can only pass an item left, right, left.
4. The person with the first object is to pass to the right. He/she will pass the item to the right and say, "This is an eggplant." The person on the right will pass the item back and say, "A what?" The originator will then pass the item back to this person on the right and rename it saying, "An eggplant." Then the person who received the "eggplant" will do the same thing with people on his/her right, and the exchange will be the same.
5. Explain if the person is to pass to the left, the same protocol applies, only the direction has changed.
6. Explain the challenge will come when one person ends up with two objects and needs to keep them straight
7. If a person passes the wrong direction, then he/she is out
8. Last person standing, wins for his/her team.

#2 Team Building Activity: Alphabet Story

What you will need:

- No materials needed

What you will do:

1. If you have more than 26 children, ask for Champions from each group (you will need a total of 26 champions)
2. Ask the Champions to come to the front of the group, lining up in a horizontal line, shoulder to shoulder
3. Explain they are going to tell an "Alphabet Story"
4. Explain the first person will begin his/her sentence with the letter "A". For example: Aunt Marie is coming to our house for dinner.
5. Explain the second person will begin his/her sentence with the letter "B". The sentence must go with the first sentence. "Because she will be staying late, she'll spend the night."
6. Explain the third person will begin his/her sentence with the letter "C". The sentence must continue the story, such as, "Carlie her kitten will be coming with her."
7. This would then continue until all 26 have added a sentence.
8. Explain to the "audience" that if a person gets "stuck" it will be up to them to help them get started on the sentence.

Note: If you don't have enough time to do all 26 letters, select a segment of the alphabet (d-r) and enough Champions to create the sentences.

#3 Team Building Activity: Arm Pit Relay

What you will need:

- Oranges
- Cones to create start and finish lines
- Bowls for each end of the race course
- Tables for the oranges and bowls to be placed on



What you will do:

1. Ask groups to select two Champions to participate in the Arm Pit Race
2. Explain each member of the team will need to carry an orange, using only his/her arm pit, from one container to another
3. Explain if the orange is dropped, the youth will need to pick it up, return to the start line and place it on the table and begin again
4. Explain that player #1 will carry the first orange and then return to tag the second player who will then pick up and carry the orange to the container at the other end
5. Explain play is over when teams have completed the task

#4 Team Building Activity: Aroostasha

What you will need:

- No materials needed

What you will do:

Arrostasha is a “my turn-your turn” chant. The leader says the line, then the group echoes. Each movement is accompanied with a movement. In order to add a new movement, the chant starts at the beginning again. The movements continue even though the chant has moved on to the next line.

In between each “direction” the group chants the chorus: “Arrostasha, arrostasha, aroostasha-sha Arrostasha, arrostasha, aroostasha-sha”. You accompany this chorus with steps to the right and then steps to the left.

The verses are these:

Thumbs up (motion is thumbs up on both hands)

Elbows in (elbows touching one another)

Chest out (person leans backward and thrusts chest forward)

Knees together (movement must now be done from right to left with the knees touching one another)

Toes in (trick is to keep thumbs up, knees together, and now turn the toes toward each other)

Rear end out (this requires the person to bend forward at the waist, keeping toes in, knees together, thumbs up, and the bottom out)

Tongue Out (this is the final movement and will result in giggles to be sure)

Verse with chorus inserted:

Thumbs up (motion is thumbs up on both hands)

“Arrostasha, arrostasha, aroostasha-sha

Arrostasha, arrostasha, aroostasha-sha”

Thumbs up (motion is thumbs up on both hands)

Elbows in (movement must now be done with the elbows touching one another)

“Arrostasha, arrostasha, aroostasha-sha

Arrostasha, arrostasha, aroostasha-sha”

Thumbs up (motion is thumbs up on both hands)

Elbows in (elbows are touching one another in front of the person)

Chest out (chest is thrust out)...Chorus

Thumbs up (motion is thumbs up on both hands)



Elbows in (elbows are touching one another in front of the person)

Chest out (chest is thrust out)...Chorus

Knees together (movement must now be done from right to left with the knees touching one another)

Chorus

Thumbs up (motion is thumbs up on both hands)

Elbows in (elbows are touching one another in front of the person)

Chest out (chest is thrust out)...Chorus

Knees together (movement must now be done from right to left with the knees touching one another)

Toes in (trick is to keep thumbs up, knees together, and now turn the toes toward each other)

Chorus

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Rear end out (this requires the person to bend forward at the waist, keeping toes in, knees together, thumbs up, and the bottom out)

Chorus

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Toes in (trick is to keep thumbs up, knees together, and now turn the toes toward each other)

Rear end out (this requires the person to bend forward at the waist, keeping toes in, knees together, thumbs up, and the bottom out)

Tongue Out (this is the final movement and will result in giggles to be sure)

Chorus

#5 Team Building Activity: Bingo

What you will need:

- Blank Bingo card for each group of 3 (attached to this document)
- Number cards 1-50 at the end of this document, cut apart
- Pencil or Crayola for each team (can distribute to the table)

What you will do:

1. Distribute the Bingo Cards to each team (you might want to consider doing this with the snack)
2. Explain they are to take the numbers 1-50 and place them randomly on the card. Explain they can only use a number one time
3. Explain when the number is called, they will mark it off on the card
4. First team who gets a Bingo, wins



#6 Team Building Activity: Bouquet of Flowers

What you will need:

- Paper (different colors of construction paper—green, red, yellow, purple, orange, white, blue for sure)
- Glue sticks
- Clear tape
- Paper cups

What you will do:

1. Distribute the supplies to each group
2. Explain the activity today is for each group to create a bouquet of flowers using only the materials they have
3. Explain they will not have scissors and will need to “tear” the flowers for the bouquet
4. Explain they have glue and tape to use to hold the flowers together
5. Explain the bouquet will need to fit into a cup
6. When time is called (about 7 minutes) each team brings bouquet to the front and entire audience votes for the best bouquet
7. There are no prizes, just applause. Youth will need to clean up on space

#7 Team Building Activity: Category Snap

What you will need:

- No materials needed

What you will do:

1. Divide the group into teams of 5-6
2. Explain that as a team they will create the “beat” or the rhythm for the game
3. Demonstrate the rhythm (two hands pat the knees, two-handed clap once, right hand snap, left hand snap)
4. Repeat the rhythm until the children have the idea. Remind them to keep the same speed. Explain while now the speed doesn’t seem to be important, it will matter as the game progresses
5. Once the rhythm has been established, explain you will begin the game by saying a category on the right hand click and an item in the category on the left hand click
6. For example, you might say, “Fruit” on the right click and then give an example of the fruit on the left click, “Apples”.
7. Explain when the rhythm begins again, the group in unison on the first click will say the last word you spoke, in this case “apples” and on the left hand click, the group will name a second fruit.
8. Explain it will then come back to you on the third turn and you will say the fruit you heard them say, (it won’t be everyone but it will be one that you could hear) and then another fruit to “reset” the game.
9. For example, if you heard, “pear”, then you will say “pear” on the right hand and “orange” on the left hand.
10. The game then goes back to the audience to say, “orange”, and then another fruit.
11. The game then comes back to you, and it continues back and forth.
12. At any time you may choose to change the category. In order to do this you will simply name the category and an item that is in that category.
13. When you send it back to the group, they will say the last word you said, and then add to it.
14. Play goes on for several minutes before time is called

#8 Team Building Activity: Cheer Greetings

What you will need:

- No supplies or materials needed



What you will do:

1. Ask for each group to select and send three Champions to the front of the group
2. Explain the entire group will participate in the Cheer Greeting
3. Here is the chant:

Youth: My name is (first name)

Group: YEAH!

Youth: And I like to (name an activity)

Group: Uh-huh!

Youth: And I'll be a (person doing the activity)

Group: YEAH!

Youth Every day of my life.

Group: Every day of his/her life.

Example:

Youth: My name is Judy

Group: YEAH!

Youth: And I like to jump

Group: Uh-huh!

Youth: And I'll be a jumper

Group: YEAH!

Youth: Every day of my life.

Group: Every day of her life.

4. Continue until all Champions have had a turn

#9 Team Building Activity: Chugga, Chugga

What you will need:

- No supplies or materials

What you will do:

1. Explain this is an activity for the entire group
2. Teach the group this chant:

Hey there, (child should say his/her first name)

You're a real cool cat.

With a little of this (snap fingers on the word "this"😊)



And a little of that (snap fingers on the word, “that”

Don’t be afraid to boogie and jam

Just stand up and chugga as fast as you can.

Chugga up, chugga chugga chugga chugga

Chugga down, chugga chugga chugga chugga

Chugga right, chugga chugga chugga chugga

Chugga left, chugga chugga chugga chugga

Note: there is no particular motion for Chugga, children need to make up their own motions to go up, down, right, left.

#10 Team Building Activity: Cooper Says...

What you will need:

- No materials or supplies needed

What you will do:

1. Divide the group into teams of 4-5 children
2. Number the teams so they will know the order in which they will become the leader when you say “pass”.
3. Explain this game is like the game, Simon Says, however in this game the audience is to follow only what Cooper Says.
4. Explain you will begin the game by saying, Cooper says, “Pat your head” (you can say anything here). Whatever direction you give, the children in the audience should do. Give two or three more directions, mixing it up between Cooper says and simply giving the direction.
5. Remind children if they do something Cooper didn’t say to do, they will be out.
6. After giving several directions, say pass, and the next team in line will take your place and give several directions, using both Cooper says, and simply giving the direction.
7. You will then say “Pass”, and the next team will come up and take on the responsibility of giving the directions
8. Give all Champions a chance to be Cooper
9. Game is over when time is called or there is only one team with anyone still standing.

#11 Team Building Activity: Dance, Dance, Dance

What you will need:

- Music (CD, iPod,) speakers

What you will do:

1. Announce to the group that today’s contest will be American Dance Revolution and each team should pick 3 Champions from their team to begin.
2. The Champions will come to the front and make one vertical line (be sure members of the same team aren’t together)
3. When the music starts, each Champion will be able to share his/her best dance moves for 5-10 seconds (at 10 seconds call time)
4. After you have gone through the line, have the audience vote by clapping and cheering
5. Keep the top three Champions and have a dance off with all of the Champions dancing at the same time
6. Then have the final voting for the Dance, Dance, Dance Champion

#12 Team Building Activity: Dance Off

What you will need:

- Music (iPod, Boom Box, Computer, etc.)



- Songs appropriate for children and youth
- Speakers

What you will do:

1. Ask each group to select one Champion who will be willing to dance in front of the group
2. When Champions are in front of the group, explain each one will have 45 seconds to share his/her best dance moves
3. Explain when each Champion has had a turn to showcase his/her skills, the entire group will select the winner by cheers and accolades.
4. Once everyone is in place, begin one at a time with the dancers and then have children vote.
5. Announce the winner to the group

#13 Team Building Activity: Disney Mania

What you will need:

- One, 6-sided dice

What you will do:

1. Ask for 2 Champions from each team (explain the Champions will be naming Disney cartoon characters)
2. When Champions get to the front have the Champions make a line. Be sure the Champions from the same team are not standing next together
3. Explain that each Champion will roll the die and whatever number appears will identify how many Disney cartoon characters he/she must make
4. Make a list of the characters so no one can repeat
5. If Champion cannot name the identified number of characters, he/she is out
6. Game is over when only one Champion exists

#14 Team Building Activity: Encore

What you will need:

- No supplies or materials needed

What you will do:

1. Divide the group into 6 teams, mixing the children with one another (young children with older children if you have a multi-age group)
2. Once the teams have been divided have each of the teams huddle together (this can be around a table or in a cluster)
3. Explain you are going to call out a word and the group is to think of a song with that word or topic in it. The group will have 3-5 minutes to practice the song and then up to 1 minute to present to the entire group
4. Everyone on the team needs to participate.
5. For example, if you were to call the word "rain", the group could sing the song, The Itsy Bitsy Spider because the word "rain" is in that song.
6. Give groups a chance to prepare and then have each group present.
7. Possible words to use (pig, stream, life, run, lamb, Bingo)

#15 Team Building Activity: Gesture Name Game

What you will need:

- No supplies or materials needed

What you will do:

1. Divide the group into teams of 3-4 children
2. Ask the children to come up with a name for their team



3. Explain that one at a time the team will come up say its name, making a gesture for each syllable in his/her name. For example, if the team's name was Just Amazing, they could clap one time on Just, snap right hand for "a" and left hand for "may" and then stomp their feet for "zing". Ask the audience for other gestures or motions they could do instead of snapping fingers or clapping. (This will help teams with ideas of what to do)
4. Explain to the audience that after the person says his/her name and does the gestures, the ENTIRE audience will provide the echo, saying the name and repeating the motion.
5. Game is over when all teams have shared the team name and motions

#16 Team Building Activity: "I See"

What you will need:

- No supplies or materials needed

What you will do:

1. Explain to children this activity is for everyone and then divide the group into teams of 5-6
2. Explain you will begin the activity by saying, "I see"
3. Explain after you say, "I see", the entire audience responds in unison with "What do you see?"
4. Explain you will then say, "I see a ball bouncing" (you can say anything here), and as soon as you have named what you see, the children and youth will begin pantomiming that action
5. After several seconds repeat, "I see" to which the audience responds, "What do you see?" You will then name something different for them to pantomime.
6. Game is over after 5-6 actions
7. Possible actions: bees buzzing, kids touching their toes, kids making funny faces, kids hopping on one foot, kids jogging in place, bird flying, etc.

#17 Team Building Activity: Name It

What you will need:

- No materials or supplies needed

What you will do:

1. Ask each group to select one Champion who is willing to compete in the Name It challenge
2. Explain you will name a category and youth will have 30 seconds to name as many items as he/she can in that category
3. Explain you will give them 1 point for each word they add that truly fits into the category
4. Explain the youth will compete 1 at a time and there will be 2 rounds
5. Winning team will have the Champion who has the highest total score

Categories:

Kinds of gum

Kinds of candy

Names of singers

Names of colors

Names of different languages people could speak



Names of foods you can get at a Fast Food Restaurant

Kinds of cookies

Names of cities

Names of boys

Names of girls

Flavors of ice cream

#18 Team Building Activity: Oliver Twist

What you will need:

- No supplies or materials needed

What will you do:

1. Ask for each group to send a Champion to the front of the room
2. Explain to the Champions and to the audience they are going to participate in an activity, Oliver Twist
3. Practice the chant with the children:
 - Oliver Twist, Twist, Twist (hands on hips and twist body)
 - Can't do this/this/this (tap right foot and shake forefinger of the right hand)
 - Touch his head, head, head (touch head with hands)
 - Touch his nose, nose, nose (touch nose with finger)
 - Touch his ears, ears, ears (touch ears with hand)
 - Touch his toes, toes, toes (touch toes)
4. After several practices, explain the Champions will begin to lead the activity.
5. Explain they will start slow and repeat 5 times, each time faster than the time before.

#19 Team Building Activity: Table Art-My Favorite Water Activity

What you will need:

- Butcher or chart paper for each group :
- Crayolas, marking pens, pencils

What you will do:

1. Explain that this activity is for everyone
2. Explain they will work in duos or trios and illustrate the answer to the question: My favorite water activity
3. Duos and trios should consider the fun and extraordinary things to do in the water: swim, fish, water polo, snorkel, etc.

#20 Team Building Activity: Table Art-Spring Garden

What you will need:

- Butcher paper for each of the tables
- Crayons, colored pencils, markers



What you will do:

1. Explain to youth they will be working with their table mates to create a “perfect” spring garden
2. Explain they may include the items they think will make their “spring garden” special
3. Explain the teams will have approximately 8 minutes and then will share with the rest of the group
4. Have group share the mural they created.

#21 Team Building Activity: Trios

What you will need:

- No materials needed

What you will do:

1. Explain this activity is for everyone
2. Ask all children/youth to divide themselves into trios
3. Explain you will call out an “action” and the Trio must figure out how to act it out. For example, you might call elephant and the Trio will line up shoulder to shoulder, the center person will raise his/her arm like a trunk while the youth on either side will extend their outside arms and wave them back-and-forth like ears.
4. Have children practice with this image.
5. Answer any questions they have then you will begin.
6. Call out these Trios one at a time (Possible ways to demonstrate)
 - a. Cowboy (person in middle “swings the lasso”, person on either side asks like a horse running)
 - b. Eating lunch at a table (1 table, 1 chair, 1 person)
 - c. Petting a dog (1 as the dog, 2 taking turns petting)
 - d. Playing jump rope (2 turners, one jumper)
 - e. Rowing a boat (one is the boat, one is the oar, one is the person in the boat, pulling on the oar)
 - f. Playing basketball (one is the ball, one is the basket, one is the player)
 - g. Watching TV (one is the TV, one is the watcher, one is the TV show)

#22 Team Building Activity: Warm Wind Blows

What you will need:

- Naming cards attached to this document

What you will do:

1. Have all of the children sitting, facing the front of the space
2. Explain this activity is for everyone
3. Explain you will say, “A warm wind blows for anyone who _____.” Anyone who has the item names stands up. This person will remain standing.
4. Explain you will say the next statement. Again, anyone this statement applies to will stand up.
5. The cluster that has all children standing first, wins.

Warm Wind Blows Statements

A warm wind blows for anyone...

- who has helped plant a garden
- who is the oldest child in his/her family
- who can touch his nose with his/her tongue
- who stayed home last weekend
- who was born in Texas
- who has gone horseback riding



- who has four or more animals at his/her house
- who can speak two languages
- who has been roller skating in the last 4 weeks
- who likes to eat Brussel sprouts
- who is the youngest in his/ family
- who has only brothers
- who has only sisters
- who can say the Alphabet backwards
- whose first name starts with a vowel



Bingo Cards and Number Cards

1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24
25	26	27	28	29	30	31	32
33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48
49	50						



Bingo Card

B	I	N	G	O
		Free		