



Team Building Activities Set 2

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—Table Art—Favorite Pet

What you will need:

- Butcher or chart paper
- Crayons, colored pencils, markers

What you will do:

1. This is an activity for everyone. Have the group work together by dividing them into pairs
2. Explain as a team they will illustrate the best pet (could be a dog, cat, bird, fish, hamster, snake, spider, anything they believe would be the perfect pet)
3. After working together for approximately 10 minutes have pairs explain what they drew to the rest of the group.
4. You can brainstorm possible pets to draw prior to beginning.

#2 Team Building Activity: Acts of Kindness

What you will need:

- 12" x 1" strips of construction paper for each youth
- Pencils
- Staplers

What you will do:

1. This is an activity for everyone
2. Each person writes and/or illustrates a random act of kindness on the strip of paper. Something he/she could actually do.
3. Group the chain strips together to make a paper chain. Link them as each child reads his/her act of kindness.

#3 Team Building Activity: American Idol

What you will need:

- Music
- Karaoke CD
- Lyrics from 2-3 songs on the CD

What you will do:

1. Divide the group into four teams
2. Share the music on the Karaoke CD and the lyrics of the songs
3. You may want to practice with them several times
4. Then invite each group to share a rendition of the song of their choice.
5. Audience should clap and cheer for the team presenting.

#4 Team Building Activity: Amoeba

What you will need:

- None

What you will do:

1. This activity is for everyone
2. Youth begin by finding one partner to talk with
3. Youth talk and determine what they have in common. Encourage them to find something unusual.
4. Give them 1 minute to decide.
5. Quickly go through the pairs and have them share their commonality.



6. Then ask the pairs to find another pair and begin the process again.
7. Then have the groups of four share out.
8. Repeat joining two groups of four
9. Continue until you have only one group with something in common

#5 Team Building Activity: Clay Critters

What you will need:

- Container of Play Doh for each group of 4-5

What you will do:

1. Divide the group into teams of 4-5
2. Explain as a team they need to decide on a "critter", real or imagined, to create out of the Play Doh
3. Give teams about 5 minutes to create
4. Then have each team share the critter they made and tell a little about it

#6 Team Building Activity: Flipper Flopper

What you will need:

- Rubber Chicken
- One penny for each team

What you will do:

1. Divide the children into groups of 2
2. On the team of 2 designate one player as the Flipper and the other as the Flopper.
3. Place the Rubber Chicken about 20 feet away from the start line
4. When you say "GO", the flipper flips the penny and lets it fall on the floor.
5. If it is heads, the flopper can move 2 steps toward the chicken.
6. If it is tails, the flopper is frozen.
7. All of the teams are playing at the same time.
8. The first team to the chicken wins!

#7 Team Building Activity: Yogurt Worms

What you will need:

- Plastic spoons
- Yogurt for each team (small container is fine)
- Gummy Worms

What you will do:

1. Divide the group into two teams
2. Give each youth a plastic spoon
3. Line the teams up in a vertical line about 10 feet from the table with the yogurt including the gummy worms is placed
4. When you say go, player moves to the table, takes one bite of yogurt and/or the worm goes back to his team and the second person moves to the yogurt.
5. Repeat until the yogurt and gummy words are eaten.
6. **IMPORTANT:** Once the child has placed the spoon in his/her mouth he/she cannot put it back into the yogurt. If a youth needs to go twice, they need a clean spoon!



#8 Team Building Activity: Friends for Life

What you will need:

- No materials

What you will do: to come to the front of the room

1. This activity is for everyone
2. Youth selects a partner, greeting them with a hello and a strong handshake
3. Explain this is Partner #1 who is their High 5 Partner.
4. Explain every time you call High 5 Partner these two youth will come together say the partner's favorite food and give each other a High 5.
5. Youth will change partners several times (see below). Each time you call a new partner they have to find that partner and complete the action.
6. Partner #2 Introductions, favorite color, Low 10 Partner
7. Partner #3 Introductions, favorite school subject, Elbow Swing Partner
8. Partner #4 Introductions, favorite TV show, Booty Bump Partner
9. Partner #5 Introductions, favorite movie, Patty Cake Partner.
10. After introducing each partner, randomly call them out.

#9 Team Building Activity: Group Juggle

What you will need:

- Piece of copy paper for each child

What you will do:

1. This is an activity for everyone in the group and is probably best done outside
2. Give each person a piece of paper to "crush" into a ball
3. Ask the group to stand in a circle
4. Group chooses a leader and then gives that leader the crushed paper balls
5. The first round is to determine the pattern. The leader tosses the paper ball to one person in the circle, calling his/her name. That person catches the paper ball and tosses it to another person, calling his or her name.
6. No player can get the ball more than once
7. The order has to be the same each time—in other words Person A always throws to Person B
8. Once you've repeated the pattern a second time, you are ready to play Group Juggle
9. Leader starts the game, tossing the paper ball to his/her partner
10. As soon as that person has passed the paper ball to his/her partner, the leader tosses the second ball
11. The goal is to get all of the paper balls in the air at the same time.

#10 Team Building Activity: Guess Who

What you will need:

- Name tags (place the name of a famous person on each name tag. It is important the person is famous to the kids, not just the adult.

What you will do:

1. Everyone in the group should play
2. Place a name tag on the back of each person.
3. When you say "GO", players must circulate and ask the others a "yes" or "no" question
4. Player tries to guess his/her identity (on the name tag). When he/she is successful he/she can sit down.

#11 Team Building Activity: Hoop Target

What you will need:

- 6 different Hula Hoops



- Nerf Football (3) If you can't use Nerf then make them out of paper like in the game before.

What you will do:

1. Divide the group into 2 teams
2. Set up hoops at 3 different distances
3. Each team member gets an opportunity to throw the ball through the hula hoop
4. Label the hoops worth 1 point, 2 points, and 3 points.
5. Each time the ball goes through the hula hoop, the team should call out the number of points and then add to the existing points the tea has
6. Game is over when time is called or every team member has had a chance to play

#12 Team Building Activity: Human Knot

What you will need:

- No materials

What you will do:

1. This is an activity for everyone (it is best done outside)
2. If you have a group over 15, divide them into 2 teams
3. Ask each group to gather into a tight group
4. Each person hold out his/her hands into the center of the group and grabs two hands (not belonging to the same person and they cannot take the hands of someone right next to them)
5. Now the group is tangled into a knot
6. When you say GO, the team tries to unravel the not **WITHOUT** letting go of hands

#13 Team Building Activity: Math Quiz Relay

What you will need:

- Music
- A sheet of 4 math problems (be sure all kids can do the problems—you might take them from homework)
- Pencils

What you will do:

1. Divide the group into teams of 4
2. When you say "GO", one player at a team will walk to the table on complete one of the problems
3. When the answer is written, the player will return to the team, tag the next person, who will complete the same process
4. Game is over when all 4 problems are completed
5. Team with the most right answers wins.

#14 Team Building Activity: Not Me!

What you will need:

- Paper Square 20" x 20"

What you will do:

1. If you have more than 30 youth divide the group into 2 teams, if not the game is played by everyone on the same team
2. Give each team the paper square



3. The challenge is for every person on the team to touch the paper square at the same time WITHOUT touching a team member.
4. A good time is 2-3 seconds
5. Encourage youth to solve the problem

#15 Team Building Activity: Ping Pong Soccer

What you will need:

- 16 ounce Solo cups
- Ping Pong balls
- Music

What will you do:

1. Divide the youth into two teams to play Ping Pong Soccer on the table
2. Set the table up so there is a goalie and one red cup at each end (tape the cups into place)
3. Teams should line up on both sides of the table
4. When you say go, the team can flick the ping pong ball toward the goal at the end of the table, of course the goalie tries to keep the ping pong ball from going in
5. When a team flicks the ball off the table, the other team gets a free click
6. Rules are like soccer

#16 Team Building Activity: Suck It Up

What you will need:

- Straws for each youth
- Plastic cups
- M and M's miniature
- Small bowls

What you will do:

1. This is an activity for everyone.
2. Divide the group into two teams
3. Place empty cups in front of each team
4. Give each player a straw
5. When you say "GO", player picks up an M and M using only the straw and then releases the M and M into the cup
6. When time is called, team with the most M and M's in the cup, wins

#17 Team Building Activity: Table Art—Comic Strip

What you will need:

- Butcher or chart paper
- Crayons, colored pencils, markers

What you will do:

1. This is an activity for everyone. If you have a lot of youth, divide them into two or three teams. Have the group work together by dividing them into pairs
2. Ask group to select a cartoon character



3. On the butcher paper in front of each pair, the pair create a cartoon of a single event for the character the team selected
4. Team shares with other

#18 Team Building Activity: Table Art—Congratulations! You’re AMAZING!

What you will need:

- Butcher or chart paper
- Crayons, colored pencils, markers

What you will do:

1. This activity is for everyone
2. Have youth sit or stand around the table with the paper spread out in front of them (each youth will need a pencil)
3. Youth writes his/her name on the butcher paper
4. On your cue, youth move one person the right and write a compliment for the person whose name is written on the butcher paper. Younger children can draw a picture
5. Continue moving for 8 children or go through the entire group
6. Have children read their own compliments.

#19 Team Building Activity: Table Art: One Color Only

What you will need:

- Crayons (one for each child)
- Butcher paper

What you will do:

1. This is an activity for everyone
2. Begin with the butcher paper down the center of the table and give each person one crayon
3. Next tell them they will have to work together to create a masterpiece
4. They may not talk or whisper to each other
5. They may not share their crayons with each other
6. They must use non-verbal communication techniques to decide what to draw together.
7. If one person needs a color the other person has, they must find a way to get that person to help them with their drawing.
8. Activity is over when you call time.

#20 Team Building Activity: Table Art: Potpourri Quilt

What you will need:

- Butcher paper
- Pencils
- Crayolas, marking pens, and/or colored pencils

What you will do:

1. Divide the butcher paper into squares (one square for each youth or each pair)



2. Explain they are going to make a potpourri quilt—this means each person is responsible for one of the squares and show create a picture or design in his/her square
3. Team members share their square with others

#21 Team Building Activity: Tower of Cups

What you will need:

- 20 red Solo cups
- Music

What you will do:

1. Divide the youth into teams of 8-12 youth
2. Give each team 20 cups
3. Explain the challenge is for the team to work together to create the tallest tower they can using **ONLY** the cups
4. When towers are finished, have the groups share with one another

#22 Team Building Activity—Water Balloon Toss

What you will need:

- Water balloons (one for every 2 children)
- Activity is outdoors

What you will do:

1. This is an activity for everyone. Divide the group into pairs
2. Once the pairs have been decided, have the group go outside
3. Give each pair one water balloon
4. Pair should face one another about 4 feet apart
5. The player should toss the balloon to one another, taking a step backwards after the balloon has been caught by two team members
6. The game is over when time is called. Winning team is the furthest apart and still has an unbroken balloon.