



Team Building Activities Set 3

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—Pick Up Sticks

What you will need:

- Craft sticks (100, 50 for each team)
- Containers (1 for each team)

What you will do:

1. Announce to the group today's activity is Pick Up Sticks
2. Explain they will work in two teams
3. Explain the responsibility of each team is to pick up all of the craft sticks which are on the floor and transport the craft stick to the container.
4. Explain they may only pick up and carry one craft stick at a time. Once one team member has picked up a craft stick and placed it in the container, he/she returns, tags the next person, and the game continues until one team has picked up all of the sticks.

#2 Team Building Activity—Orange Pass

What you will need:

- One orange

What you will do:

1. Announce to the group today's activity will be Orange Pass
2. Explain the group will form a circle. Explain they will pass an orange from one person to another. Explain they may not use their hands to pass the orange (they can use elbows, chin, shoulders, knees, etc.)
3. Explain if they drop the orange they are out (the person with the orange is the one out)
4. Last person standing wins

#3 Team Building Activity—Table Art Mutated Fruit

What you will need:

- Butcher paper (large enough for all youth to be around)
- Crayons, colored pencils, markers

What you will do:

1. Brainstorm a list of fruits with the youth (write the list on chart paper)
2. Explain each one of them will create and draw a new fruit by blending together at least three different types of fruit
3. Explain they should show the fruit by itself and on the tree, bush, vine, or plant the fruit grows on
4. Explain they will want to name the fruit
5. When youth have completed the drawings, have them share with the rest of the group

#4 Team Building Activity: Balloon Buns

What you will need:

- Balloons 1 balloon for each person

What you will do:

1. Each member of the team is given a balloon to blow up and tie off the end
2. Entire team sits in a circle and when you say "Go", each person tries to pop his/her balloon by sitting on it.
3. Team that pops the balloons first wins.



#5 Team Building Activity: Balloon Juggle

What you will need:

- Music
- 1 balloons per youth + 5 for the team (balloons are blown up)

What you will do:

1. Divide the group into two teams if there are more than 10 youth.
2. Share with the group they each have a balloon, plus 5 extra for the team
3. The challenge is to keep the balloons (all of them) up in the air.
4. Explain a person cannot touch the same balloon twice in a row
5. If the balloon is touched twice by the same player, or if the balloon touches the ground, it is out of play
6. When you call time, the team with the most balloons still in the air, wins.

#6 Team Building Activity: Empty It

What you will need:

- Box of Kleenex or other tissue, one for each team

What you will do:

1. Divide the group into two teams
2. Explain they are to empty the Kleenex box of tissues, one tissue, one person at a time
3. Explain they will line up and the first person will pull out one tissue, pass the box to the next person who will do the same. When the tissue box gets to the end of the line, the person runs to the front of the line and repeats the process until the tissue box is empty
4. First team to empty the tissue box, one tissue at a time, wins.

#7 Team Building Activity: Favorite Sports

What you will need:

- Sports Cards-on 3 x 5 cards, write the name of a sport, one per card. You will need 1 card for each youth Examples are football, volleyball, dodge ball, tennis, boxing, soccer, track, weight lifting, swimming, gymnastics, archery etc.

What you will do:

1. Distribute a sports card to each person
2. Explain each person will come up with his/her card and pantomime the sport while the rest of the group guesses
3. The game is over when everyone has had a chance to participate

#8 Team Building Activity: Icy Feet

What you will need:

- 2 containers or tubs for each team
- Ice

What you will do:

1. Divide group into two teams
2. Explain each team will have a bowl with 20 pieces of ice in a container
3. Explain each member of the team will be expected to move a piece of ice to the second container, using only his/her feet
4. Game is over when one team has moved all of the ice



#9 Team Building Activity: Cotton Ball Relay

What you will need:

- Bag of large cotton balls
- 2 medium bowls for each team
- Petroleum Jelly
- Music

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

1. Divide the group into two teams
2. Explain each team member will take a turn transferring one cotton ball from one container to another
3. Explain they may only use one finger
4. Explain they will put a dab of petroleum jelly on that finger, pick up the cotton ball, and then deposit the cotton ball in the next container
5. Explain they will need to “shake” off the cotton ball rather than scrapping or picking it off.
6. Game is over when one team has completed the task.

#10 Team Building Activity: Hot Spot Matches

What you will need:

- One deck of cards

What you will do:

1. Shuffle the deck of cards and lay the cards face down into a grid
2. One at a time player comes up, turns over two cards. If they are a match (two of the same suit or two of the same number—2 hearts or a 6 of spades and a 3 of clubs), they keep the two cards. If the cards don't match, he/she turns them back over and goes to the end of the line
3. When time is called, or all the cards are gone, player with the most cards, wins.

#11 Team Building Activity: How Are You? (in French)

What you will need:

- No materials

What you will do:

1. Explain to youth they will learn how to say, “How are you?” in French
2. Carefully go over the phrase and then have children practice with each other.
3. Phrase: Comment Allez-vous is pronounced come-on-tally-vo
4. Use the phrase throughout the day

#12 Team Building Activity: Excuse Me (in French)

What you will need:

- No materials

What you will do:

1. Explain to youth they will learn how to say, “Excuse me.” in French
2. Carefully go over the phrase and then have children practice with each other.
3. Phrase: Excusez-moi is pronounced ex-kewsay mwah (make a lip pucker motion at the end)
4. Use the phrase throughout the day



#13 Team Building Activity: Marble Grab

What you will need:

- Marbles
- Water
- Small bowl
- Container (like a large bowl)

What you will do:

1. Divide the group into two teams
2. Place the marbles in the bottom of the container with about 3" of water covering the marbles
3. When you say, "GO", the first player on each team, with shoes and socks off, will come forward, sit in the chair, and take as many marbles out of the water and into the second container while the remainder of the team counts to 10.
4. The team member then zips back to his/her team, and the next team members repeats the process
5. When each person has tried, count the number of marbles in each container to determine the winner..

#14 Team Building Activity: Rainstorm

What you will need:

- No materials

What you will do:

1. Choose 5 volunteers
2. Have the remainder of the group sit down in a horizontal line (if you have a lot of children, have them sit in two line, one behind the other)
3. One at a time, each volunteer walks slowly in front of the line, and as he/she gets to each person in the line, he/she begins to mimic the volunteer and must continue until the next volunteer come by with a different action
4. When all five have made it across, have the volunteers reverse the order
5. Here are the actions for each volunteer:
 - #1 Rubbing hands together
 - #2 Snapping fingers
 - #3 Clapping hands quickly
 - #4 Patting hands on thighs
 - #5 Stomping his/her feetNow reversing

#15 Team Building Activity: Roller Ball

What you will need:

- 3 Ping Pong Balls
- 6 Red Cups
- Music

What you will do:

1. Tape the cups to one end of the table, placing the cups on their sides and having the open end toward the other end of the table. These cups will be the target for the ping pong balls to roll into
2. Label the cups with points, 300 for the middle two cups, 200 for the next two, and 10 for those two cups on the edges
3. Explain one at a time each person will get to roll three ping pong balls and total their score, if there is a tie, you can have a roll off. Ping pong balls must stay in the cups to count
4. If you would like, you can play this game as a team, taking turns between the two teams and totaling the score



#16 Team Building Activity: Simultaneously

What you will need:

- Box of alphabet magnets for each team
- Music

What will you do:

1. Announce to the group today's activity is called Simultaneously
2. Divide the group into two teams
3. Explain each person may only use one hand
4. Dump the alphabet onto the table and when you say go, the team will begin to place the letters in a single line in alphabetical order
5. Teams may not talk and must do the sort in silence
6. Team who is finished first, wins

#17 Team Building Activity: Table Art—American Folk Lore

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 something that reminds them of America (Statue of Liberty, flag, Capitol building, White House, Mt. Rushmore, log cabins, etc.)
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 things to draw prior to beginning.

#18 Team Building Activity: Table Art—Best Book

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 a scene from their favorite book, ending by writing the title of the book underneath the drawing
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 books to illustrate prior to beginning.

#19 Team Building Activity: Table Art—Best Outfit to Wear Swimming

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 something the best outfit to wear swimming (this could include fins, floatees, as well as a bathing suit. They do not have to draw a person if they don't want to, just the swim wear.
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 swimwear to draw prior to beginning.

#20 Team Building Activity: Tail Tag

What you will need:

- Bandanas or squares of cloth—two different types so you can have teams
- Cones

What you will do:

1. Divide the group into two teams and give each a bandana to place in his/her pants pocket. If they have no pocket, they can place the bandana in their waistband
2. Set up the boundaries of the playing field with the cones
3. Explain when you say "Go", the players will begin playing, working to keep someone from pulling their bandana off while removing the other team's bandanas
4. Game is over when only one person remains with a bandana

#21 Team Building Activity: Taste the Rainbow

What you will need:

- Skittles
- Chop Sticks (you could use craft sticks)
- Small bowl

What you will do:

1. Divide the group into two teams
2. Place Skittles in the bowl (be sure there are the same number in each bowl and you have 3 or more per youth on the team)
3. Distribute the chop sticks
4. When you say, "Go", using the chopsticks, each of the team will begin picking up and eating the Skittles
5. Everyone must get at least one Skittle
6. Game is over when all the Skittles are gone.

#22 Team Building Activity: Two Truths and a Lie

What you will need:

- No materials needed

What you will do:

1. Divide the group into teams of two



2. Working together the team must come up with two truths and one lie (for example a team could say, We were both born in March, we both like the color blue best, we both wear a size 13 shoe.
3. Pairs should practice telling the two truths and one lie
4. Pair then shares with the rest of the group, and the remainder of the group must determine which statement was the lie.
5. Activity is over when every team has participated.