



## **Team Building Activities Set 4**

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.

### **Table of Contents**

- 1. Paper Plane Chain**
- 2. Cell Phone**
- 3. Last Pair Standing**
- 4. Table Art-Sign for Your Home**
- 5. Number Challenge**
- 6. Mount Rushmore**
- 7. Hey and Bye-Finnish**
- 8. Human Pretzel**
- 9. Clap Radar**
- 10. Robo Dance Off**
- 11. Table Art-Dream Car**
- 12. Jumping Jack Relay**
- 13. Sing It High, Sing It Low**
- 14. Table Art-Private Island**
- 15. Milk Chug**
- 16. Gumball Challenge**
- 17. Hackey Sack Soccer**
- 18. Backwards Shot**
- 19. Fear Factor—Combo Burrito**
- 20. Table art-Original Cartoon Show**
- 21. What is This?-Finnish**
- 22. Minute to Win It**



### **#1 Team Building Activity: Paper Plane Chain**

**What you will need:**

- Piece of paper for each youth
- Scotch tape

**What you will do:**

1. Each person is given a piece of paper to fold into a paper airplane.
2. Divide group into teams of 5
3. Team then joins all of the planes together with Scotch tape.
4. Teams then line up outside and each get to toss the team's airplane when you say, "Go".
5. Plane that flies the furthest, wins.

### **#2 Team Building Activity: Cell Phone**

**What you will need:**

- No materials needed

**What you will do:**

1. Youth line up in one horizontal line
2. Share a sentence to the first youth in line, the youth then passes the message along to the next youth and so on.
3. When the last youth has heard the message, the youth gives the message to the adult leader who then shares it with the entire group
4. You may play this game more than once.

### **#3 Team Building Activity—Last Pair Standing**

**What you will need:**

- E circles of each color: red, yellow, blue, green, orange, purple
- Music
- One 6-sided die

**What you will do:**

1. Place colored circles in a designated area scattered all over.
2. Select a DJ.
3. DJ "mans" the radio facing away from the other youth and the colored spots.
4. Music starts playing, youth dance around.
5. When music stops, youth must choose a color to stand on.
6. DJ rolls the die (1 = red, 2 = green, 3 = blue, 4 = orange, 5 = yellow, 6 = purple).
7. Players standing on that color of a dot are out.
8. Elimination continues until 1 youth is left standing.

### **#4 Team Building Activity: Table Art: Sign for Your Home**

**What you will need:**

- White butcher paper
- Crayons, colored pencils, markers



**What you will do:**

1. Explain today's activity is for everyone
2. Explain that working alone or with a partner, youth is to consider one thing every house needs before having guests over
3. Explain youth will create and draw their own house greeting sign. Explain the sign should convey the message they want to extend about their home.

**#5 Team Building Activity: Number Challenge**

**What you will need:**

- Paper
- Pencil

**What you will do:**

1. Announce to the group that they will be playing as a 2 (or more) teams.
2. Explain each team will brainstorm 7 vegetables that are not green.
3. Explain each team will create a list by writing the names of the vegetable on scratch paper
4. The team to get all 7 vegetables wins.
5. Teams can tie.

**#6 Team Building Activity: Mount Rushmore**

**What you will need:**

- Paper
- Pencil, colors, colored pencils

**What you will do:**

1. Divide youth into groups of 3-4 and distribute the supplies
2. Explain to youth that Mount Rushmore is a National Monument which features the faces of four United States Presidents. Explain if the faces actually were on bodies together they would be able to stop the water that flows across Niagara Falls.
3. Explain that the team is to draw the four Presidential faces found on Mount Rushmore, labeling each face.

**Answer:** George Washington, Abraham Lincoln, Teddy Roosevelt, and Thomas Jefferson.

**#7 Team Building Activity: Hey and Bye**

**What you will need:**

- No materials needed

**What you will do:**

1. Announce to the group they will learn how to say a phrase in another language.
2. Today youth will be learning how to say "Hey" and "Bye" in Finnish.
3. Let's start with hey. Hei is pronounced exactly the same as hey.
4. Now that was easy. Let's learn to say bye. Nakemiin is pronounced nack-ay-mean.
5. Select volunteers to say the phrase aloud. Have youth remember any phrases they know in other languages and ask them to share with the group.

**#8 Team Building Activity: Human Pretzel**

**What you will need:**

- Music (be sure it is appropriate for children and youth)

**What you will do:**



1. Announce to the group that today's activity will be Human Pretzel. Explain they will be trying to work together to complete this puzzle.
2. Have the group stand in a circle. (If there are more than 10 people, break up into groups. Eight is a good number; less than 5 is too few.) Ask each person to put their right hand into the circle and grasp someone else's hand. Do the same with left hands. No one should grasp the hand of the person next to him, or hold both hands of the same person.
3. Ask the group to untangle this human knot, without breaking their grasp. (They can shift their grip with the person they are holding on to, but not let go to change their relationship to others in the group.)

### **#8 Team Building Activity: Clap Radar**

#### **What you will need:**

- Music
- Blindfolds (can use a bandana)
- Different objects (water bottle, chalk, box of crayons, etc.)

#### **What you will do:**

1. Announce to the group that today's activity will be Clap Radar
2. Explain they will select one person to be "it" who will put on the blindfold.
3. Explain while the person is blindfolded, the rest of the group will hide the small objects in the classroom.
4. The group will clap softly or more frequently depending on the distance they are from the object hidden.
5. "It" will place the blindfold over their eyes and put their hands over their ears. Hide the objects in the crowd. Have the crowd face out when sitting at the tables.
6. Once the objects have been hidden, let the youth remove their blindfolds and search for the objects. Youth will clap slowly if they are far away from the object and more frequently if they are close to the object.
7. The difficulty is, which claps should they listen to?
8. Once all objects have been found, ask for a new challenger. There is no winner.

### **#9 Team Building Activity: Robo Dance Off**

#### **What you will need:**

- Music appropriate for youth

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

1. Announce to the group that today's activity will be Robo Dance Off
2. Explain they will compete in a robot style dance off! Explain they should bring their best robotic moves to the dance floor to win. They have 1 minute to show off their best moves.
3. Once youth have demonstrated their moves, the voting will begin. Each person has 3 votes. They can spend 1 minute discussing who they would like to give their votes to. The team with the most votes wins.
4. Audience should cheer and applaud the teams.

### **#10 Team Building Activity: Table Art-Dream Car**

#### **What you will need:**

- White butcher paper
- Crayons, colored pencils, markers

#### **What you will do:**

1. Explain everyone will participate in this activity
2. Explain that working alone or with a partner, youth will create and draw their own dream car.
3. Explain they should consider if the car would fly, the size of the tires, whether or not the car has any special abilities, the color, and anything else they can think of to make a unique vehicle.
4. When youth have finished, each will share with the rest of the group.



### **#11 Team Building Activity: Jumping Jack Relay**

#### **What you will need:**

- Cones to mark start and finish lines

#### **What you will do:**

1. Announce to the group today's activity is Jumping Jack Relay and all will compete.
2. Divide the group into two teams
3. Line the team up behind the start line.
4. Explain the activity is a relay race that requires them to do 15 jumping jacks, power walk to the cone across from them, power walk back and tag their team mate. The process will continue until the last member on the team has completed the process.
5. Have youth line up at their cone.
6. The team that completes the process first, wins.
7. Team should cheer and applaud their team members.

### **#12 Team Building Activity: Sing It High, Sing It Low**

#### **What you will need:**

- Microphone if you have one
- Music (youth appropriate)

#### **What you will do:**

1. Announce to the group that today's activity will be Sing It High, Sing It Low
2. Explain they will all participate
3. Explain youth will come up to see how well they can sing high notes and low notes.
4. Youth in the audience will choose who can sign the highest and who can see the lowest.
5. Make sure to set expectation about screaming versus singing in a high note.
6. Youth will cheer and applaud youth.

### **#13 Team Building Activity: Table Art-Private Island**

#### **What you will need:**

- Butcher paper
- Crayons, markers, colored pencils

#### **What you will do:**

1. Explain to youth this activity is for everyone
2. Explain that individually or with a partner, they should consider what they would like to have if they owned their own island.
3. Ask them to consider the following:
  - a. Where will your island be located?
  - b. What type of scenery will it have?
  - c. Will you just make enough living space for just yourself? What about friends and family, will they be invited to come see your island?
4. Think that money doesn't have a limit. You can have anything that you want.

### **#14 Team Building Activity: Milk Chug**

#### **What you will need:**

- Milk (soy, almond milk, 2% or 1%)
- 6 ounce cups

#### **What you will do:**

1. Announce to the group today's activity is Milk Chug.



2. Explain they can all play.
3. Have the group sit in a circle, placing in front of them a cup with about 4 ounces of milk in it.
4. Explain when you say “go”, without using their hands, they will pick up the cup of milk, drink it, and place the cup back down on the table.
5. Explain the first person to complete this (drinking the milk) will win.
6. Audience should cheer and applaud the teams.

### **#15 Team Building Activity: Gumball Challenge**

#### **What you will need:**

- 2 empty water or soda bottles for each team of 4
- Gumballs to fill one of the soda bottles for each team ½ full

#### **What you will do:**

1. Announce to the group today’s activity will be Gumball Challenge
2. Explain they will play this game in teams of 4
3. Explain the object of the game is for each member of the team to transfer all of the gumballs from one bottle to another.
4. Explain they have the option of how they want to transfer the gumballs. Hint: Most effective way is to hold the two bottles together where the opening meets and shake the bottles up and down or in a cyclone motion.
5. The first team to transfer the gumballs four times, wins.

### **#16 Team Building Activity: Yardstick Challenge**

#### **What you will need:**

- 4 yardsticks (two for each team)
- 20 gumballs for each team
- 2 small bowls for each team

#### **What will you do:**

1. Announce to the group today’s activity is Yard Stick Transfer
2. Explain there will be two teams and each member of the team will take turns for approximately 30 seconds
3. Each team member will get 30 seconds to use the yard sticks to grab the gumballs and transfer them from one bowl to the other.
4. Fill one bowl with the gumballs and place an empty bowl 2 feet away on a table or on the ground. To help with runaway gumballs, place a plastic inflatable baby pool underneath the table or under the bowls.
5. Start music to initiate the 30 seconds, stop the music when 30 seconds is over.
6. Team members should cheer and applaud one another.

### **#17 Team Building Activity: Hackey Sack Soccer**

#### **What you will need:**

- Hackey Sack
- 4 orange cones for start-finish line

#### **What you will do:**

1. Announce to the group today’s activity is Hackey Sack Soccer
2. Divide the group into 2 teams



3. Explain each team will compete in a relay race that requires them to make a goal by flicking the hackie sack into the goal (set up with two orange cones)
4. Once they make the attempt player tags the team mate.
5. The process continues until the last member on the team has completed the process.
6. Teams can go one at a time or all at once if you have multiple goals set up.
7. Team should cheer and applaud the team members.

### **#18 Team Building Activity: Backwards Shot**

#### **What you will need:**

- 2 basketballs
- 1 garbage can with liner per team (13 gallon size)

#### **What you will do:**

1. Announce to the group today's activity is Backwards Shot
2. Explain that this is a "hoops" challenge.
3. Each person will get a chance to make a backwards shot into the "hoop", garbage can.
4. Students can stand 10 – 15 feet away from the can; tutors can stand 15-20 feet away.
5. Each person gets 30 seconds to make as many shots as they can. The person to make the most backward shots wins.
6. Audience should cheer and applaud the teams.

### **#19 Team Building Activity: Fear Factor: Combo Burrito**

#### **What you will need:**

- Napkins
- Small plates
- Burrito contents: tortilla, pickled artichokes, spoonful of black beans, peanut butter, Brussel sprouts, etc.
- Water and cups

#### **What you will do:**

1. Announce to the group today's activity is Fear Factor: Combo Burrito
2. Explain this activity is for everyone who wants to participate
3. Explain what is included in the burrito (ingredients are suggested, other ingredients could be substituted)
4. Explain they will be by placing their hands behind their back and when the music begins, they will eat the burrito as quickly as possible
5. Anyone not participating should be cheering for those participating

### **#20 Team Building Activity: Table Art-Original Cartoon Shows**

#### **What you will need:**

- Piece of butcher paper for each group of 5 or 6
- Crayons, markers, colored pencils

#### **What you will do:**

1. Working in groups of 4-5, youth will create and draw their own cartoon show.
2. Youth will draw the main characters, the setting where the story takes place, the theme of the cartoon (super heroes, ocean life, etc.), and how the cartoon will look
3. Explain they will cover the butcher paper with their ideas and designs



### **#21 Team Building Activity: What Is This? Speaking in Finnish**

#### **What you will need:**

- No materials needed

#### **What you will do:**

1. Announce to the group they learn how to say a phrase in another language.
2. Explain today youth will be learning how to say "What is this?" in Finnish.
3. Mikä tämä on? Is pronounced mee-ka ta-ma ohn.
4. Select volunteers to say the phrase aloud to the group. Have youth remember past phrases they have learned and practice pronouncing them again as well

### **#22 Team Building Activity: Minute to Win It**

#### **What you will need:**

- Small bags of M and M's for each team
- Plate for each team

#### **What you will do:**

1. One at a time, each youth has 1 minute to separate a bag of M & Ms into individual colors.
2. When you say "Go", players opens the bag and begins.
3. Time each player. Winner is the person with the lowest time.