



Team Building Activities Set 5

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: Jump Right, Jump Left, Jump In, Jump Out

What you will need:

- No materials needed

What you will do:

1. Have group form a circle, holding hands
2. Explain you will give a direction such as “Jump right.” and the youth are to repeat the direction, “Jump right” and then as a group without breaking hands, jump one time to the right.
3. Repeat the practice with each direction: “Jump left”, “Jump out”, and “Jump in.” Remind youth each time they must repeat the direction.
4. After practicing this, explain you are going to change it up. Moving forward, you will give the direction, “Jump right” and they will repeat the direction, “Jump right”. **THEN** they will do the opposite of the direction and jump left. Repeat the practice.
5. Select a youth leader and let them see how well they can do.

#2 Team Building Activity: Dance Revolution

What you need:

- Music (CD Player, iPod, other) Be sure to check the lyrics
- Speaker so all children can hear
- “Performance line” marked with painters tape, so teams will know where the “stage” is
- Deck of playing cards

What you will do:

1. Gather five champions from each team (explain these champions will be demonstrating dance moves so the cluster can pick 5 with this criteria in mind)
2. Number the teams 1-? by having one member of each team draw a playing card and determining who will go first (highest card—Ace counts as the top card) and so on until each team has a position
3. Champions from each team form vertical line behind the “performance line” based on their team number
4. One at a time each team will compete
5. The competition is like a relay. The first person on the team steps beyond the performance line, dances his/or her best move for 4-6 seconds and then you or your student leader call “time” and the first person tags the second person in line, continuing until Team 1 has all danced.
6. Teams score 1 point for each new dance move (dancer 1 and dancer 2 cannot do the same dance move and get double points)
7. When all teams have danced, calculate the scores and announce the winner
8. If there is a tie, have the teams do a dance off (all members of the all teams dancing at once) and have the audience choose a winner by applause.

#3 Team Building Activity: Meatball

What you need:

- Red paper, 5 ½ “ by 8 ½ “
- Pencil

What you will do:

1. Divide children into pairs
2. Give each pair a slip of paper and a pencil
3. Ask them to write down their favorite song
4. Each pair should then put their names underneath the favorite song and then crush the paper into a meatball



- Children from each team then put all the meatballs on the table and pick one champion to draw a “meatball” for the team
- Champions then come to the front and place the meatball in a container
- Have the student leader open them one at a time (not telling whose meatball it is) and have children listen to the favorite song
- Audience then votes for the favorite
- Leader announces the winner and the pair with the winning meatball comes up as the audience applauds

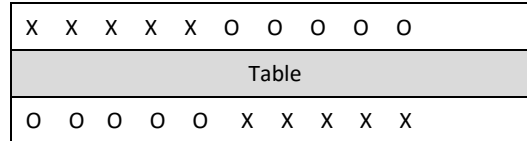
#4 Team Building Activity: Balloon Soccer

What you need:

- 2 balloons for each group (these should only be filled with air so they don't float away)

What you will do:

- Select one person from each cluster to act as the referee/scorekeeper
- Explain that this opening activity is for everyone and that each group will form two teams positioned like this at the table



- Determine which end of the table will be defended by “O” and which by “X”
- Start the balloon in the middle
- Both teams are attempting to score a “goal” by getting the balloon to leave the table through the end designated as the “other team’s goal”
- Players may bat the balloon back and forth. Any player whose bottom leaves the bench (for any reason), loses 1 point for his/her team (It is quite possible for both teams to have negative points—and if they do, the one with the fewest negative points wins. If they have scored positive points, the team with the highest positive points, wins)
- Game is over when time is called
- Referee may retrieve the balloon for the group, returning it to the center of the table

#5 Team Building Activity: Beat Ball

What you need:

- 2 each of the following (basketball, volley ball, tennis ball, ping pong ball)

What you will do:

- Announce to the group that today’s activity will be Beat Ball and they will pick 4 champions from their class to begin. Explain the champion should be able to bounce a ball and catch it
- When champions arrive, split them into four teams (some champions from each cluster on each team)
- Have the leaders demonstrate how this would work (2 tennis ball bounces, 1 volley ball bounce, 2 tennis ball bounces, 5 basketball bounces, and 1 ping pong ball bounce for example), each leader “playing” his/her part of the beat.
- Teams will work together to create a beat using the balls they have. (Think about STOMP and how it uses regular items to create music)
- Teams have 3 minutes to practice and then each team will share its “beat” with the audience
- Audience should cheer and applaud the teams
- Youth will vote by cheering the team they thought had the better beat.



#6 Team Building Activity: Chop Stick Challenge

What you need:

- One pair of chop sticks for each team (you've used chop sticks before, so perhaps you will already have them)
- Grapes (6 for each team)
- Two small bowls (one empty and one with the grapes in it) for each team
- Table

What you will do:

1. Gather one champion from each team
2. Explain to the champions they will be competing to see who can first transfer the grapes from one bowl to another using only chop sticks
3. Explain if the grape falls off the chop sticks before reaching the other bowl, then the grape will need to be returned to the first bowl and start again
4. Place the two bowls on the table about 2 feet apart
5. When you say "Go" all champions begin moving the grapes from one bowl to another
6. Winning team gets all the grapes transferred first, or has the most in the bowl when you call time
7. Audience should cheer for the participants

#7 Team Building Activity: Pretzels and Milk (or juice)

What you need:

- 8 tiny pretzels (not the sticks) for each cluster champion (1-2 from each cluster)
- 2 ounce Dixie cup with either milk or juice (it might be fun to let the champion pick)
- Small paper plate for the pretzels

What you will do:

1. Have the cluster select one or two champions
2. At the table where the cluster is sitting place the 8 pretzels and either milk or juice for each of the champions at the table (1 or 2 as you decided)
3. When the supplies have been distributed to each of the tables (you might want the team champion to come and pick them up), explain how the game works.
4. When you say "Go", the champion will eat and pretzels and drink either the milk or the juice.
5. When the champion whistles, the entire table must stand up and sing the line: "We are the champions, my friends."
6. The team which completes the task first, wins.

Note: If pretzels are not considered "healthy" use cereal, crackers, etc.

#8 Team Building Activity: What Shape Am I?

What you need:

- Index card with the following words, one per card: triangle, hexagon (6 sides), octagon (8 sides), rectangle; square, circle and trapezoid Do not draw the pictures on the cards or give hints)

What you will do:

1. Create 5 teams (you must have a cross-cluster group—some younger children with older children)
2. Ask for one score keeper for each team (additional youth)
3. Assemble the teams on the stage or in front of the stage where everyone can see them.
4. Ask for one student leader or volunteer from the entire group
5. Hold the cards up so the volunteer cannot see what is on the cards
6. Volunteer draws a card, says the shape that is on the card, and the teams must create that shape as quickly as possible
7. Team who creates the shape first, using the entire team, gets 10 points (2nd = 8, 3rd = 6, 4th = 4, 5th and on = 2)



8. Score keeper tallies the points for each team
9. Keep going until all shapes have been created
10. Announce the winner
11. Audience cheers for the teams

#9 Team Building Activity: Ping Pong Challenge

What you need:

- 12 cups (plastic 16 ounce will work, you might want to put something in the bottom to weight the cup)
- Set the cups up so they look like a clock face, with each cup at one of the numbers
- Cups should be touching one another
- 12 ping pong balls (if ping pong balls are too expensive, use small paper balls about the size of ping pong balls)
- Bowl or other container for the balls
- Painters tape to mark the “free throw” line

What you will do:

1. Ask each group to select three champions to come to the front
2. Explain the champions are going to have 30 seconds to make as many “baskets” as possible
3. All of the champions from the team may shoot at one time as long as they are behind the “free throw” line (they may cross the line to retrieve the ball if they run out of them)
4. At the end of 30 seconds, each cup that has a ball inside will count as 10 points
5. Play continues until all teams have had the opportunity to play
6. Tally the points and declare a winner
7. If there is a tie, have a 10 second “sudden death”—members from all teams shooting, first one who connects with a cup, wins

#10 Team Building Activity: Table Art—Favorite Animated Character

What you need:

- Butcher or chart paper for every table (butcher paper is best)
- Crayons, colored pencils, or markers

What you will do:

1. Explain today’s Opening Activity is for everyone.
2. Ask youth to divide into pairs
3. Ask youth to talk about their favorite animated character
4. Ask youth to discuss the reasons they like this character and settle on the top three
5. Pairs then draw the character on the butcher paper in their section, labeling it with the top three reasons for liking this character.
6. Be prepared to help youth with a short or bullet point list. **Example:** Sponge Bob Square Pants: He’s kind. He’s funny. He lives under the sea.

#11 Team Building Activity: Just the Alphabet

What you need:

- Several sets of alphabet cards, cut apart and mixed together
- Container for the letters to be in

What you will do:

1. Gather two champions from each team



2. This pair will work together to put the alphabet in order (however) the first letter they draw will be the letter they begin putting the alphabet in order. For example, if they draw an “f” the order will go, f, g, h, i, j... or if they draw a w, the order would go w, x, y, z, a, b, c....
Note: For Kindergartners and 1st graders you may want to let them start with “a”
3. Time the champions from each team
4. Audience should cheer for the champions
5. Announce the winning team

#12 Team Building Activity: Jump, Jump, Jump

What you need:

- Individual jump rope for each champion (you should be able to get these at the Dollar Store)
- Music (CD Player, iPod, etc.) with speakers

What you will do:

1. Gather one champion from each team. Before groups pick the champion explain it needs to be someone who can jump rope
2. When the champions get to the front of the room, give each champion a jump rope
3. Give the champions 1-2 minutes to practice
4. Explain you will start the music and the champions will begin jumping
5. The champion may have “three misses and start-overs” before he/she needs to stop jumping
6. If the champion is jumping well and gets tired, he/she may quit
7. Last champion jumping wins

#13 Team Building Activity: Knock It Down

What you need:

- Empty plastic soda bottles with about ½ inch of dirt or sand in the bottom (this will keep the bottles upright)
- Tennis balls
- Painters tape to mark the playing field (make a 6 foot square with the tape, place the three soda bottles in the center)

What you will do:

1. Ask for two champions from each group
2. Explain the champions will be using a tennis ball to knock down three soda bottles, but the bottles must stay in the playing field to qualify as being “knocked down and in bounds.” (This should keep children from throwing the tennis ball too hard)
3. Explain each team of champions will have up to 45 seconds to complete the task of knocking down all three bottles
4. Champions should line up across from one another on either side of the square
5. Champions may either throw or catch the tennis ball
6. Game is over when 45 seconds is up or all three bottles have been knocked down
7. Winners knock down the bottles more quickly than any other team

#14 Team Building Activity: Sort ‘Em

What you need:

- Buttons (many kinds and colors) divided into equal bags for each team

What you will do:

1. Ask for one champion from each team
2. Explain to the champions they will sort a bag of buttons into different color groups



3. Explain they will be competing with one another and they will have up to one minute to complete the task
4. Remind them they are sorting by color only (green, red, blue, yellow, white, etc.)
5. When you say “Go”, champions dump the bag of buttons and begin sorting
6. If they finish before 1 minute they should put the hands up and shout “finished”. If no one finishes before one minute, count the number of buttons not yet sorted. The one with the fewest buttons left, wins.

#15 Team Building Activity: Dynamic Duos

What you need:

- No supplies needed (you may want to give kids paper and pencil or white board and pen, but this is not necessary)

What you will do:

1. Explain that each cluster will be working together to name as many things as they can that come in pairs “naturally”
Example: eyes, ears, socks, shoes, Batman and Robin, gloves
2. Give the teams up to 3 minutes to answer the question
3. Have one team at a time come up, read the answers, and count the number that they have
4. Every team is a winner.
5. Ask audience to share which item named is the most unusual

#16 Team Building Activity: Giant Chop Sticks

What you need:

- Two yard sticks (you can get these at Home Depot or Lowe’s for less than a dollar and they can be used for math and science activities as well)
- 6 Ping Pong balls
- Bowls, set up 3 feet apart

What you will do:

1. Gather one champion from each team
2. Begin with all of the ping pong balls in one bowl and the empty bowl 3 feet away
3. Explain that the champion will use the yardsticks as “chop sticks’ to move the ping pong balls three feet from one bowl into another
4. Explain they will have 40 seconds to move as many as they can
5. Champions will compete one at a time
6. Winning team is the one with the most ping pong balls in the new container at the end of the 40 seconds
 - a. Would you rather going swimming in a pool or at the beach?
7. At the end, recap the group’s favorites

#17 Team Building Activity: Who Am I?

What you need:

- Cards with fictional characters on them (consider Cinderella, Snow White, Batman, Superman, the Flash, Little Red Riding Hood, or any other fictional character you think the youth will know), one set of ten for each group

What you will do:

1. Explain this opening activity is for every youth
2. Ask the youth to select a champion, someone who is good at guessing games and can think when given clues
3. Explain that each leader has a group of cards with names of fictional characters on them
4. The champion will not be able to see this card but the rest of the group will be able to see the card
5. When you say go the leader will show the group the card and they will offer clues and the champion will try to guess which character he/she is
6. The champion has the right to pass if he/she can’t name the character



7. When the champion guesses the character's name correctly or he/she passes, the leader shows the group the next card and they begin giving clues for the next character
8. Each group has 1 ½ minutes to guess as many of the characters as possible
9. When time is up, leader shares how many characters the champion guessed

#18 Team Building Activity: Fact or Fiction

What you need:

- Fact and Fiction cards for each team (at the end of this lesson plan)

What you will do:

1. Make five teams of youth (each team should have at least one person from each grade level)
2. Have the teams come to the front
3. Give each team a set of Fact and Fiction cards
4. Explain to the teams you will make a statement and they will need to decide as a team if it is "fact" or "fiction" and then hold up the correct card
5. Explain each team will get one point for each correct answer
6. **Fact or Fiction Questions:**
 - a. The Itsy Bitsy Spider climbs down water spouts.
 - b. Cinderella's coach was a pumpkin.
 - c. One of the 7 dwarfs was named "Meany"
 - d. The donkey in Shrek is magical and can sing and dance
 - e. Sleeping Beauty fell asleep after she had some birthday cake
 - f. One of Santa's reindeers was named "Snowflake"
 - g. In the movie Annie, the star sings about "Tomorrow"
 - h. In Frozen, Anna almost dies from a frozen heart
 - i. Sam like Green Eggs and Ham
 - j. Kissing frogs in fairy tales releases princes from spells

#19 Team Building Activity: Table Art—Best Award

What you need:

- Butcher paper or chart paper (butcher paper is definitely better)
- Crayons, colored pencils and/or markers

What you will do:

1. Explain this activity is for everyone in the group
2. Ask youth to divide into pairs
3. Pairs should discuss what they think would be the "best award" to win
4. Pair should then draw the award and list the 1-3 things a person would need to do to win this award.
5. Be prepared to help younger children with a short or bullet point list. **Example:** The best award would be for jumping rope longer than anyone else. You would need to practice and have a lot of energy to win.

#20 Team Building Activity: Boom Chicka Boom

What you need:

- Copy of Boom Chick Boom for the youth leaders (you will want to select 6 youth—all levels)

What you will do:

1. Gather the leaders from each group to the front
2. Have them divide the lines among them and practice (2 per line)
3. Explain they will say the line with as much expression as possible and the entire group will echo them



4. While the leadership team is practicing, explain the procedure to the rest of the group
5. Explain they will listen to the leaders and then as a group respond by saying the same words in the same way
6. Practice one time through the chant in a “my turn” – “your turn” way and then give the group an opportunity to do the chant as loud and dramatic as possible, with as much “attitude” as possible

#1 Leaders: I say a BOOM

Group: “I say a Boom”

#2 Leaders: “I say a boom-chicka

Group: “I say a boom-chicka”

#3 Leaders: I say a boom-chicka-boom

Group: “I say a boom-chicka-boom

#4 Leaders: “I say a boom-chicka-rocka-chicka-rocka-chicka-boom.

Group: “I say a boom-chicka-rocka-chicka-rocka-chicka-boom.

#5 Leaders: Oh yeah!

Group: Oh yeah!

#6 Leaders: One more time.

Group “One more time. (Repeat)

#21 Team Building Activity: Witch Bingo

What you will need:

- Witch Bingo Card (attached to this lesson plan)
- Beans or other items for marking—placed on cups for easy distribution
- Pencils
- Chart with the number 1-60
- Pencils

What you will do:

1. Prior to the opening, cut up the number cards which you will call during the bingo game and put them in a container (basket, bag, jar)
2. Distribute the Witch Bingo cards to each youth
3. Have them distribute the numbers, 1-60 onto the card in any space except where the **WITCH** is (which is the free space)
4. Call out the numbers as you draw them, have children mark the number
5. When youth has a “Witch” (or bingo) they call it out. You can play Bingo a number of ways, horizontal, vertical, diagonal, blackout, or anyway.



#22 Team Building Activity: Table Art—Thanksgiving Feast

What you will need:

- Butcher paper (3' x 2' (approx.) for each group of 4
- Colored pencils, markers, or crayons

What you will do:

1. This is an activity for everyone on the team.
2. Place the butcher paper on the table between the team members.
3. Ask the team to select a partner to work with.
4. In their section of the butcher paper, the pair should decide how to illustrate their choice for essential Thanksgiving food, using crayons, colored pencils, and/or markers, the team draws the illustration. It can be a specific scene of them with their pets.
5. Teams share the poster with the other teams.

Just the Alphabet Letter Cards—Duplicate 3-4 sets and cut apart

a	b	c	d	e	f	g
h	i	j	k	l	m	n
o	p	q	r	s	t	u
v	w	x	y	z		



Fact or Fiction Cards

Fact	Fiction
Fact	Fiction
Fact	Fiction
Fact	Fiction

Witch Bingo

W	I	T	C	H
				

Graphic included on this Bingo Card purchased from <https://www.whimsyclips.com>