



Team Building Activities Set 6

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. I Wish I Was**
- 2. Name That Tune**
- 3. Round Robin Leader**
- 4. Bubbles**
- 5. Pasta, Pasta, Pasta**
- 6. Buzz**
- 7. Hip Hop Moves**
- 8. Pair Maria**
- 9. Milk and Cookies**
- 10. Catsup! YUM!**
- 11. Cheerleader**
- 12. Hula Hoop Pass**
- 13. Ping Pong Shake**
- 14. Basketball Dribble**
- 15. I Am the Teacher**
- 16. Bounce**
- 17. Nose Dive**
- 18. Jump Rope Challenge**
- 19. Delicious**
- 20. Frozen T-Shirt**
- 21. Snowman**
- 22. Tropical Bowling**



#1 Team Building Activity: I Wish I Was...

What you will need:

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

What you will do:

1. Explain this activity is for everyone
2. Working in duos or trios decide the answer to this question: "If you were an animal, what would you be and why?"
3. Once you have decided the answer, using words and illustrations, share with the rest of the group.
4. Group hears everyone's ideas and selects one idea to share with the entire group
5. When each of the groups has had a chance to share, the activity is complete.

#2 Team Building Activity: Name That Tune

What you will need:

- No supplies or materials needed

What you will do:

1. Share with the group they need to divide into Terrific Trios to represent them in the contest—Name That Tune
2. Explain that the Terrific Trio will need to be able to name song titles, current, popular or obscure
3. Once the Terrific Trios have been formed tell them that they will have 3 minutes to think of three song titles that have the work LOVE in it (Example: Love Is a Many Splendor Thing, All You Need Is Love, Love Potion #9)
4. Ask them to write the titles on a piece of paper
5. Have the Terrific Trios share their list with others

#3 Team Building Activity: Round Robin Leaders

What you will need:

- No materials or supplies needed

What you will do:

1. Share with youth today they will play a version of Round Robin Leaders
2. Explain they will begin by forming a circle
3. Have the youth turn in the circle so they are all facing either right or left (like if they were doing the Bunny Hop)
4. Select one person to be the leader. Explain the leader will begin an action and everyone should follow
5. Explain when you call "Switch", the person right behind the leader will become the leader
6. Repeat process until all have had the opportunity to lead.

#4 Team Building Activity: Bubbles

What you will need:

- Bubble Gum

What you will do:

1. Share with youth each will participate in a bubble blowing contest
2. Have youth make a circle so each can see everyone else
3. Tell them they will each receive 1 piece of bubble gum and will have 2 minutes to chew the gum and be prepared to blow a bubble



4. When the 2 minutes is up, call "Go" and each person will blow a bubble
5. The winner is the person with the largest bubble

#5 Team Building Activity: Pasta, Pasta, Pasta

What you will need:

- No supplies or materials needed

What you will do:

1. Explain to youth they will need to pick a partner.
2. Explain they will have two minutes to list as many pasta dishes as they can think of (check to be sure that they know what pasta is)
3. Youth may write the names of the pasta on a piece of paper, or be prepared to list them aloud (you might want to write the list for Kindergartners and 1st graders)
4. After 2 minutes call time and the team with the most pasta items listed wins

Example: lasagna, spaghetti, linguine, rigatoni, macaroni, angel hair, etc.

#6 Team Building Activity: Buzz

What you will need:

- No supplies needed

What you will do:

1. Explain this activity is for everyone
2. Have the group form a circle
3. Explain the group is going to count by ones to 100.
4. Explain that each time the number "5" or a multiple of the number "5" (these are the numbers you say when you count by 5s), the player must NOT say the number they must say "BUZZ". The next player would continue with the numbering
5. Example: 1, 2, 3, 4, buzz, 6, 7, 8, 9, buzz, 11, 12, 13, 14, buzz and so on
6. If youth misses then, he/she is "out" and must step back from the circle

#7 Team Building Activity: Hip Hop Moves

What you will need:

- Music
- CD Player or iPod with speaker

What you will do:

1. Explain this activity is for everyone
2. Give the group 2 minutes to practice to the music they will be dancing to.
3. Have all of the youth demonstrate his/her own hip hop moves at the same time.
4. Then 1 at a time, give each person 30 seconds to take Center Stage.
5. When all have been on Center Stage, applaud the efforts



#8 Team Building Activity—Pair Mania

What you will need:

- Paper and pencil

What you will do:

1. Explain to group they will all play this game and they will need to find a partner
2. Tell them they will have 2 minutes to name as many things as they can that come in pairs (examples: socks, shoes, ears, scissors, gloves)
3. While the Duos are at work remind them to make a list of the pairs they can think of
4. Have one Duo share the list they have created. Every duo that has the item on their list will mark it off
5. At the end, if there is a Duo with a unique pair, the Duo wins

#9 Team Building Activity: Milk and Cookies

What you will need:

- Milk
- Cookies or graham crackers
- napkins

What you will do:

1. Each youth can participate
2. In front of each participant, have a cup of milk and 6 Oreos (or another cookie)
3. When you say go, youth begins eating the cookies, washing them down with milk
4. Winner is determined by the first person who can sing “We are the champions” after eating all of the cookies.

#10 Team Building Activity: Catsup! YUM!

What you will need:

- Catsup packet
- Teddy Grahams

What you will do:

1. Each youth can choose to play
2. In front of each youth place 3 catsup packets and 20 Teddy Grahams.
3. When you say “GO”, each player opens and empties the catsup packets into his/her mouth, followed by 20 Teddy Grahams.
4. Winner is the player that can whistle first.

#11 Team Building Activity: Cheerleader

What you will need:

- No materials needed

What you will do:

1. Each youth can participate
2. Each person will become a “cheerleader” to spell out either the property’s name or their own name
3. Give each youth who wants to the opportunity to teach the rest of the group the cheer motions, on stage in front of the entire group, then have the cheerleaders lead the entire group in the cheer.



#12 Team Building Activity: Hula Hoop Pass

What you will need:

- Hula Hoops

What you will do:

1. Have group stand in a circle holding hands.
2. One player has the hula hoop around his/her feet.
3. Player 1 must put his/her whole body through the hula hoop and pass to the next youth before the music stops.

#13 Team Building Activity: Ping Pong Shake

What you will need:

- Ping pong Balls
- Yarn
- Empty tissue box

What you will do:

1. Each youth can play this game
2. One at a time, each youth has an empty tissue box tied around his/her waist.
3. Fill each tissue box with ping pong balls
4. Youth has 30 seconds to shake out as many of the ping pong balls as possible.

Note: Boxes can be tied with yarn. You may also select representatives from small groups

#14 Team Building Activity: Basketball Dribble

What you will need:

- Basketballs
- Cones
- Clearly marked start and finish line

What you will do:

1. Each youth can play this game
2. Youth dribbles soccer ball in and out of cones to one end, gets the basketball and dribbles in and out of the cones on the way back.
3. Youth who finishes in the fastest time, wins.

#15 Team Building Activity: I Am the Teacher

What you will need:

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

What you will do:

1. Each youth can participate. Participants come to the front of the group and teach the entire audience a “trick” (popping a cork in your cheek, snapping your fingers, honking like a goose, whatever)
2. Entire audience participates.
3. Winner is determined by applause and cheering.

#16 Team Building Activity: Bounce

What you will need:

- Oversized ball (like an exercise ball)



- Hula Hoops

What you will do:

1. Set up 5 hula hoops in a straight line
2. Take an oversized bouncing ball and each youth
3. Youth take turns throwing the ball so it only bounces once in each hula hoop
4. Youth whose ball makes it through the course, wins.

#17 Team Building Activity: Nose Dive

What you will need:

- Cotton ball
- Paper plate
- Vaseline
- Goggles

What you will do:

1. Each youth can play this game.
2. Youth puts on the goggles and a dab of Vaseline on his/her nose.
3. When you say "Go", players dip face into the plate of cotton balls.
4. Player then moves the cotton ball to another container and goes back for another cotton ball.
5. After 30 seconds, count how many balls each player has move. Continue until all players have played..

#18 Team Building Activity: Jump Rope Challenge

What you will need:

- Assortment of jump ropes

What you will do:

1. Five youth per group.
2. Each youth has 15 second to jump rope, counting each successful jump.
3. Player passes rope to next player, count continues as he/she jumps for 5 minutes.
4. Process continues until all 5 players have had 15 seconds of jump time.
5. Group with the highest # of jumps wins.

#19 Team Building Activity: Delicious

What you will need:

- Different types of fruit—kiwi, papaya, banana, oranges, etc.
- Blindfolds

What you will do:

1. Each team should have 3 youth a feeder, an eater, and a navigator.
2. Blind fold the feeder and the eater.
3. By direction of the navigator, the feeder has to feed the pieces of fruit to the eater.
4. Team who finishes first, wins.



#20 Team Building Activity: Frozen T-Shirt

What you will need:

- T-Shirts, tied in knots and frozen when they were wet (one for every three youth)

What you will do:

1. Divide group into teams of 3
2. 2 members of the team try to untangle the frozen shirt and put it on the other teammate.
3. The team who completes the task first wins

#21 Team Building Activity: Snowman

What you will need:

- Shaving cream or whipped cream
- Pieces of yarn or string
- Cotton Balls
- Pieces of cardboard

What you will do:

1. This is a team project—all may participate.
2. Cardboard is the mat.
3. Use yarn, cotton balls, and shaving cream to make a snowman.

#22 Team Building Activity: Tropical Bowling

What you will need:

- Ten empty water or soda bottles wrapped in tan paper to look like a pineapple, weighted with a small amount of sand or rice at the bottom of each bottle. Can top with green leaves at the top if you desire.
- Two whole coconuts for the bowling ball (can use a small rubber ball)

What you will do:

1. Divide group into four teams
2. Ask each team member to select 1-2 representatives to play the game
3. Set the “pins up in a triangle, similar to bowling pin set up
4. Approximately 10-15 feet away make the start line
5. Have bowlers stand behind the line and roll the coconuts
6. Each bowler has two opportunities to knock down as many “pins” as possible
7. Team with the most “pins” down, wins
8. Team members not participating should cheer for others