



Team Building Activities Set 7

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: Would You Rather?

What you will need:

- Questions

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

1. Ask each group to select a Champion
2. Explain the Champion will have to answer a "Would you rather" question and explain why he/she would make the choice he/she did
3. Questions to ask:
 - a. Would you rather visit the doctor or the dentist?
 - b. Would you rather watch TV or listen to music?
 - c. Would you rather own a lizard or a snake?
 - d. Would you rather be invisible or be able to read minds?
 - e. Would you rather be hairy all over or completely bald?
 - f. Would you rather be always cold or always hot?
 - g. Would you rather wrestle a lion or fight a shark?
 - h. Would you rather see the future or change the past?
 - i. Would you rather go without television or fast food?
 - j. Would you rather be the most popular person or the smartest person?

#2 Team Building Activity: Time Bomb

What you will need:

- Koosh Ball

What you will do:

1. Ask each group to send 3 Champions to the front of the room
2. Explain to the Champions they will be playing a game called Time Bomb
3. Explain that the Koosh Ball is the Time Bomb
4. Explain you will start the Koosh ball with one player who will (within 2 seconds or less) say the name of another person and toss the Koosh ball to them
5. Explain they should be as accurate as possible because if the ball does not get the person whose name they called, the Time Bomb will come back and "blow them" out of the game
6. Each player who gets the Koosh Ball must say another person's name and toss the ball to that player
7. Whomever is holding the Koosh when the Time Bomb goes off, is out
8. When there is only one person left, he/she is the winner.

#3 Team Building Activity: Fongo Bingo

What you will need:

- Paper and pencil for each youth
- List of names of all students present in the program today

What you will do:

1. Explain this game is for everyone
2. Explain the group will all have 5 minutes to move around the room and get the names of 6 people they do not know well
3. Explain they need to find out at least one interesting fact about that person before moving to the second person
4. At the end of the 5 minutes, everyone needs a list of 6 people
5. Youth return to the table
6. Leader selects and randomly calls out the names of people in attendance.



7. If the name of a person on a youth's list is called, he/she crosses it out
8. The first person to cross out all six names wins by shouting Fongo Bingo!

#4 Team Building Activity: Someone Who

What you will need:

- No supplies or materials needed

What you will do:

1. Explain that this game is for everyone
2. Explain each person will begin this game sitting down
3. You will read a statement beginning with the words "Someone who" Explain that if the statement applies to them, they will stand up
4. Explain the goal is for everyone to be standing up by the 7th statement
5. Statements:
 - a. Someone who prefers honey to jelly when eating peanut butter
 - b. Someone who is wearing red
 - c. Someone who has been to Grand Canyon
 - d. Someone who still owns a teddy bear
 - e. Someone who cheers for the Angels
 - f. Someone who has been on an airplane
 - g. Someone who is 13

#5 Team Building Activity: Alphabetical Order

What you will need:

- No supplies or materials needed

What you will do:

1. Ask each group to send 4 Champions to the front of the room
2. Explain the Champions are going to create a shoulder-to-shoulder horizontal line in alphabetical order
3. Ask Champions if there are any questions
4. Explain they are to create the order based on their mother's first names
5. Time the group and how long it took

#6 Team Building Activity: King Kong, Surprise, and Karate Kid

What you will need:

- No supplies or materials needed

What will you do:

1. Explain that this is an activity for everyone
2. Ask all youth to stand up
3. Show them the motions for each of the descriptors
 - a. King Kong—beating chest and making the Tarzan call
 - b. Surprise—hands fly up to the face, mouth in large o shape and eyes wide with a deep intake of breath
 - c. Karate Kid—raise one leg into the crane position and make the karate noise



4. Practice with all of the youth
5. Explain that in this game, King Kong beats Surprise, Surprise beats Karate Kid, and Karate Kid beat King Kong.
6. Explain that each youth will find a partner and stand back to back. When you call “go”, the pair face each other with each partner doing one of the moves described
7. Explain they will repeat with the same person three times, counting the number of wins each has
8. When time is called thank one another and have a seat

#7 Team Building Activity: Floor Surf

What you will need:

- Music
- Cones

What you will do:

1. Ask each group to select 4 Champions
2. Have Champions come to the front of the room
3. Show Champions the start finish line and the challenge line (these are cones about 15 feet apart)
4. Explain each member of the team must complete the activity
5. Player one—15 Jumping Jacks—tiptoes across to the challenge line, completes 15 more Jumping Jacks, tiptoes back and tags the next team member.
6. Game is over when all members of the team have complete the task.
7. Winning team leaves the eating area first

#8 Team Building Activity: Trash Monster

What you will need:

- 40 gallon garbage bags
- Tape
- Scissors
- Music

What you will do:

1. Explain today’s activity is for everyone
2. Explain each group will be given 2 trash bags, scissors and tape
3. The task is to create a garbage bag monster out to the Program Leader
4. Explain they may NOT put the plastic bag on or near the Program Leaders’ face
5. Explain that when time is called (5 minutes) each program leader monster costume will be evaluated and a winner announced
6. Winning team leave the cafeteria area first.
7. Explain that each Fab 3 team will be competing against to see which team can make the silliest, coolest, scariest monster by dressing up their program leaders with the black bags.
8. The Fab 3 will have a certain amount of time to cover their program leader. Use music to signal the start and stop of the time limit. The team with the coolest monster wins.
9. Audience should cheer and applaud the teams.
10. Fab 3s all get to leave early.



#9 Team Building Activity: I Would Speak With...

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 could talk to any one person now living, who would it 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.

#10 Team Building Activity: Slap, Snap, Clap

What you will need:

- No materials needed

What you will do:

1. Ask group to send 4 champions to the front of the room (you need a minimum of 20 people and a maximum of 25)
2. Have the group sit in a circle, or if you have a stage, have them sit across the front of the stage
3. Start on one end of the line and have the Champions number off—1, 2, 3, 4, 5, and so on
4. Explain they will be creating a rhythm (along with the entire audience—two slaps on the thighs, two claps of hands and two snaps of fingers.
5. Explain that the Champion who is number 1 will begin the game by saying his/her own number on the first of the two claps, and on the first of two snaps, say the number of one other champion. For example two slap, on the first clap say "1", on the second clap say nothing, on the first snap say "7" and on the second snap, nothing, then the rhythm repeats—two slaps, the person whose number was called, in this case #7, would say 7 on the first clap and on the first snap another number.
6. Game continues until someone is out
7. When play is out, they leave the game and the game begins again.
8. Last person in the circle wins for his/her team
9. Note: audience is to keep the rhythm going throughout the game—be careful to not go too fast

#11 Team Building Activity: Sit Down

What you will need:

- No supplies needed

What you will do:

1. Explain this activity is for everyone
2. Explain that everyone in the group will stand up
3. Explain you will read a statement. If the statement is true for them, they will sit down. If it is not true for them, they will remain standing for the next statement



4. Statements:
- Sit down if you have eaten chocolate today
 - Sit down if you are wearing purple
 - Sit down if you were born in September
 - Sit down if you have blue eyes
 - Sit down if you are the youngest child
 - Sit down if you have broken a bone
 - Sit down if you have gone two days without a shower
 - Sit down if you can speak more than two languages

#12 Team Building Activity: Halos

What you will need:

- Halos or Cuties
- Target (center is labeled 3, next ring is labeled 2, and the outside ring is labeled 1)
- Bean bag

What you will do:

1. Ask for each group to select a Champion who is willing to compete in the challenge
2. Explain to the Champions they will each be given a “Halo” or a “Cutie”
3. Explain they will toss a bean bag at the target
4. In order to peel the “halo” or the “cutie”, they will have to have a bean bag land on the ring of the target with the number 2 (inside ring)
5. Once they have been able to peel the “halo” or “cutie”, they will continue to take turns tossing the bean bag. Each number they land on represents the number of segments of the “Halo” or “Cutie” they can eat
6. The first person finished eating the “halo” or the “cutie” wins for his/her team

#13 Team Building Activity—The Boiler Burst

What you will need:

- No materials needed
- Explain to youth that a boiler is like a water heater, so when they say, “and then the boiler burst” it means they have water everywhere

What you will do:

1. Ask each group to select one Champion who will participate in a group story
2. Line the Champions up, should to shoulder
3. First person begins his/her story. After saying 2-3 sentences, the player says, “And then the boiler burst” and passes the story to the next person in line who must continue with the story line for several sentences and until he/she states “And then the boiler burst.”
4. Group continues until the time is up (probably between 3-5 minutes)



#14 Team Building Activity: Balloon Stomp

What you will need:

- Bag of Large Latex Balloons
- 1 yard of Yarn per student
- 1 Pair of Scissors
- 4 Orange Cones
- Music (youth appropriate)

What you will do:

1. Share with the group that today's contest will be Balloon Stomp Challenge and that they will all play
2. Explain all youth will be competing to see which one can pop the other persons' balloon by stomping on it
3. If they step out of bounds, they are not allowed to step on someone's balloon until 5 seconds has passed. This does mean that they can defend during this 5 seconds.
4. The person with an unpoped balloon wins.

#15 Team Building Activity: Balloon Line Up

What you will need:

- Bag of large latex balloons
- Paper slips with the number on them (1 for each child) placed inside the blown up balloon
- Music (youth appropriate)

What you will do:

1. Share with the group that today's contest will be Balloon Line Up Relay
2. Explain each youth will be competing to see who can pop their balloon by sitting on it and collect the paper inside. From there, they have to line up in the order of the number they have on their paper slip.
3. When everyone is lined up in numerical order, the challenge is over

#16 Team Building Activity: Freeze Frame

What you will need:

- No supplies or materials

What you will do:

1. Explain this game is for everyone
2. Explain everyone will stand up and walk around the table they are sitting at
3. When you call stop, you will follow that with the name of a sport
4. Each person will have 3 seconds to get into a freeze frame which illustrates that sport
5. When you say, "Go" they will begin to move again and the process will be repeated 6 times
6. Sports to call out:
 - a. Basketball
 - b. Soccer
 - c. Tennis
 - d. Football
 - e. Track
 - f. Volleyball

#17 Team Building Activity: Baby Food Taste Test

What you will need:

- Baby food, variety of flavors



- One spoon per youth
- One plate per youth
- Napkins
- Paper and pencil
- Music (youth appropriate)

What you will do:

1. Share with the group they will divide into two teams for the Baby Taste Test
2. Explain each team will be competing to see if they can guess the correct type of baby food by just tasting it.
3. This can be done one at a time.
4. Youth will write down what they think the flavor is.
5. Then the team will get together to determine which flavor the food is
6. Teams can tie

#18 Team Building Activity: Nice to Meet You

What you will need:

- No materials needed

What you will do:

1. Share with the group they are going to learn how to say a phrase in another language.
2. Today youth will be learning how to say "Nice to meet you." in German.
3. Nett, Sie kennen zu lernen. is pronounced net zee KEN-en tsoo LER-nen.
4. Select volunteers to say the phrase into the microphone.
5. Have youth practice saying the phrase to one another

#19 Team Building Activity: Musical Instruments

What you will need:

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

What you will do:

1. Explain this activity is for everyone
2. Explain youth will create and draw the musical instrument of their choice.
3. Ask the youth to consider:
 - a. Is it an instrument that has already been created?
 - b. Are you creating a new instrument?
 - c. What design will be on your instrument? How does it reflect you?
 - d. Why did you choose that instrument?
4. They will cover the butcher paper with their ideas and designs

#20 Team Building Activity: Looking Older

What you will need:

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

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

1. Explain that each youth will participate
2. Explain they will create and draw what they think they will look like in 20 years.
3. They should consider:
 - a. How old will I be?



- b. What style of clothing will I be wearing?
 - c. How tall do I think I will be?
 - d. Will my hair be long or short?
 - e. What will my career be and how will I dress?
 - f. Will I keep the style that I currently have?
 - g. Will I change my look completely?
4. Explain they will cover the butcher paper with their ideas and designs.

#21 Team Building Activity: Table Art-We Bought A...

What you will need:

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

What you will do:

1. Explain this activity is for everyone
2. Explain youth will create and draw a place or thing.
3. Have youth brainstorm a place or thing that they would buy if they had 1 purchase that they could make, regardless of the cost.
4. Ask them to consider:
 - a. What would it be?
 - b. Would it be a place?
 - c. Would it be somewhere you could take your family and friends?
 - d. Is it a thing?
 - e. What does this thing do?
 - f. Why do you want it?
5. They will cover the butcher paper with their ideas and designs.

#22 Team Building Activity: Do You Know English?

What you will need:

- No materials needed

What you will do:

1. Share with the group they are going to learn how to say a phrase in another language.
2. Explain today they will be learning how to say "Do you know English" in Finnish.
3. Puhutko englantia is pronounced poo-hoot-koh eng-lahn-tya
4. Select volunteers to say the phrase aloud.
5. Have youth practice with one another.