



Team Building Activities Set 8

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. Whistling “Happy Birthday”**
- 2. Beat the Six**
- 3. Peanut Butter Is Sticky**
- 4. Mustard and Crackers**
- 5. Animal Noises**
- 6. Table Art-I Am Most Grateful For**
- 7. Potato Roll**
- 8. Pass the Can**
- 9. Memory**
- 10. This Is my Friend**
- 11. Hand Chant**
- 12. Flying Fish**
- 13. Yummy Rainbow**
- 14. Chop Stick Relay**
- 15. Thank You-German**
- 16. Table Art-Attitude of Gratitude**
- 17. Time Machine**
- 18. What If?**
- 19. Balloon Shaving**
- 20. What’s My Name?**
- 21. My House Is Burning**
- 22. Clay Sculpture**



#1 Team Building Activity: Whistling “Happy Birthday”

What you will need:

- No supplies or materials needed

What you will do:

1. Share with youth you are going to have a Whistling Challenge.
2. Announce each youth will come to the front of the room
3. Explain they will each have the opportunity to whistle “Happy Birthday”
4. When all have taken a turn, the group will vote for the winner by cheering and clapping
5. Determine the winner by determining who received the most applause
6. There can be a tie.

#2 Team Building Activity: Beat the Six

What you will need:

- 1 Fun-size candy bar for each cluster
- Wrap the candy bar in 5-6 layers of paper towels
- Oven mitts or gloves of some sort
- One dice

What you will do:

1. Group selects a champion to play the game for them.
2. Select one additional person from the audience to roll the die.
3. One chocolate bar is wrapped up in 5-6 layers of paper towel and placed in front of each of the players who are sitting in a circle.
4. The person selected to roll the die will begin rolling the die.
5. When the die roller begins the other players start to put on the oven mitts or gloves.
6. Once the oven mitts or gloves are on the player starts to unwrap the chocolate bar.
7. The unwrapping continues until the roller rolls a 6.
8. When that happens, the oven mitts are removed and when the roller starts again, the players continue where they were, until a 6 is rolled, and the process starts over.
9. The game continues until the chocolate bar is eaten.

#3 Team Building Activity: Peanut Butter Is STICKY!

What you will need:

- Peanut butter
- Plastic spoons
- Small Dixie cup for peanut butter
- Small Dixie cup with water for each champion

What you will do:

Note: Be sure you have no one that is allergic to peanut butter. Ask each group to select a champion and check out peanut allergies BEFORE the child can come up to the front.

1. One player from each group selected as the Champion. Champions come to the front of the space
2. Give each a plastic spoon and a small Dixie cup of peanut butter.
3. Each person should also have a cup of water.
4. When you say “GO”, each player begins to eat the peanut butter.
5. The first person finished with the peanut butter and can whistle, wins



#4 Team Building Activity: Mustard and Crackers

What you will need:

- Saltine crackers
- Mustard packets

What you will do:

1. Announce to the group that today's contest will be Fear Factor and that they will pick 1 champion from each class to represent them.
2. Explain that team that eats the packet of mustard and 3 saltine crackers wins.
3. Audience should cheer and applaud the teams.

#5 Team Building Activity: Animal Noises

What you will need:

- Nothing

What you will do:

1. Explain to the group they will need to select two champions to represent them in this game, and send them to the front
2. Explain this team is the Dynamic Duo
3. The Dynamic Duo has 1 minute to talk over and select 2 animals and practice making the sounds of those animals in unison.
4. Once they have had one minute to practice, introduce the Dynamic Duo to the group (group should cheer and applaud—offering support)
5. One Dynamic Duo at a time, have the two of them make the two animal noises in unison
6. When all of the Duos have shared the animal sounds with the larger group have students vote for the Dynamic Duo they believe did the best job

#6 Team Building Activity: Table Art—I Am Most Grateful For...

What you will need:

- Butcher paper for each group
- Crayons, markers, colored pencils

What you will do:

Directions:

1. Explain to children each of them will have a space on the butcher paper to illustrate the thing they are most grateful for
2. Explain they may write words, draw pictures, whatever it takes to get their thoughts onto the butcher paper
3. When the entire group is finished, children should share their drawing with two or other members of their team
4. You can hang the posters up if you have space

#7 Team Building Activity: Potato Roll

What you will need:

- Potatoes, 1 for each group, medium sized



What you will do:

1. One player from each group is selected as a champion and comes to the front of the room
2. Give each youth a small potato.
3. There is a start and a finish line.
4. When you say go, player must push the potato from the start line across the finish line.
5. They may **NOT** use their hands or feet. (elbows, head, knees are okay)

#8 Team Building Activity: Pass the Can

What you will need:

- Can of soup or something of about that size and weight (total of 3)

What you will do:

1. Children sit on the floor in a circle
2. The object of this team building activity is to pass the can around the circle using only your feet
3. Once youth have passed the can around, discuss strategies for moving the can quickly and efficiently
4. Start the can again, and when it has move several people, start a second can going the opposite direction. Add a third can after the 2nd can is on its way.

#9 Team Building Activity: Memory

What you will need:

- Deck of cards for every 3 children

What you will do:

1. Explain that the group will be divided into pairs or trios and be given half a deck of cards
2. The cards are to be shuffled and placed face-down in a grid 5 x 5 (there will be one card left over which is placed to the side and is not in play until the very end)
3. One at a time the youth will turn up two cards. If there is a match, the youth collects the two cards, if not, the cards are returned to the grid face-down
4. When there is only one card left, the player who turned over the last pair gets to pick the left over card which will match the final card
5. Player with the most cards at the end, wins.

#10 Team Building Activity: This Is My Friend

What you will need:

- Make a chart of the This Is My Friend share out (a.-e. below)

What you will do:

1. Have kids find a partner (if you have an odd number, one group can have three, otherwise, it is a group of 2). Ask them to be a partner to someone they normally don't partner with.
2. Ask children to introduce themselves to the person (shake hands, first and last name) and talk about their family—caregivers, siblings, where they live, what the family does to enjoy time together. Give children about 3 minutes for this conversation.



3. Ask children to then talk about the things they enjoy doing outside of school—games they like to play, music they like to listen to, places they like to go, food like to eat. Things about themselves. Give children about 3 minutes for this conversation.
4. Ask children to talk about the things about school they enjoy—seeing their friends, math class, P.E., lunch because it is delicious, library. Then have the pairs discuss what they will share with the group. The format is below:
 - a. This is my friend _____ (name of person here.)
 - b. In his family there are 4 boys and he is the oldest. (one thing about family)
 - c. He likes to play soccer and visit his grandparents in Mexico. (one thing the partner likes to do outside of school)
 - d. At school he likes being on the soccer team and math class. (what he likes to do in school)
 - e. This is my friend _____ (restate the person's name)

#11 Team Building Activity: Hand Chant

Objective: Children work as partners to create something new.

What you will need:

- No materials needed

What you will do:

1. Ask children to find a partner
2. Share today's contest will be a Hand Chant and they will be competing as pairs
3. Explain that in a "hand chant" they will not be using words, only the sounds they can make with their hands. (clap, pat legs, snap fingers, rubbings hands back and forth together, knuckle bumping)
4. Each pair will get 5 minutes to think of a hand chant. (Give example of a hand chant; clap, pause, clap-clap, pause, clap-clap-clap, snap.)
5. Once 5 minutes has passed, each pair will get a chance to demonstrate their chant and teach it to the entire group

#12 Team Building Activity: Flying Fish

Objective: Children build the sense of team among cluster members

What you will need:

- Newspaper, enough for each child
- Paper fish—one for each child (you can have kids make their own paper fish)
- Cones or jump rope to mark start and finish line

What you will do:

1. Divide group into pairs
2. Each player is given a paper fish and a piece of newspaper
3. All players form a line
4. Determine the finish line.
5. At the word "Go" each player places their fish on the ground and fans it with the newspaper towards the finish line
6. The winner is the player who gets his/her fish on the plate.



#13 Team Building Activity: Yummy Rainbow

What you will need:

- Cool Whip
- Skittles
- Plates

What you will do:

1. Explain to children that each one of them will be given 5 Skittle which they will place on a plate, and cover with a heaping spoonful of Cool Whip
2. The challenge is for them to eat all of the Skittles
3. The trick is, they may not use their hands
4. Be sure to have a plan for clean-up (paper towels, sink, etc.)

#14 Team Building Activity: Chop Stick Relay

What you will need:

- Chop sticks (1 pair for each cluster—probably 4-5 sets)
- Buttons
- Empty container or bowls

What you will do:

1. Each group selects 1 representative to play the game. Players come to the front of the room
2. Each player is given an empty bowl, a bowl with 6 buttons in it, and 1 pair of chopsticks
3. Students will put their skills to the test by using chop sticks to transfer buttons from one bowl to the other.
4. Whomever has the most buttons transferred when time is up they win. If they are able to complete the task before the time runs out, they automatically win. Give groups about 2 minutes
5. Audience is to cheer on students.

#15 Team Building Activity: Thank You in German

What you will need:

- No materials

What you will do:

1. Announce to the group that they learn how to say a phrase in another language.
2. Today students will be learning how to say “Thank you” in German.
3. Danke is pronounced dahn-kuh (accent on first syllable).
4. Select volunteers to say the phrase into the microphone.
5. Ask children to tell their elbow partner “Danke” for something in particular

#16 Team Building Activity: Table Art—Attitude of Gratitude

What you will need:

- Butcher paper (one 6’ piece for each group)
- Crayons, markers, or colored pencils



What you will do:

1. Give each table group a piece of butcher paper
2. Divide group into pairs
3. Have each pair discuss what “every day thing” they are grateful for and determine how they will illustrate that in their spot
4. Have entire team share their mural with another group

#17 Team Building Activity: Time Machine

What you will need:

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

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 had a time machine that would work only once, where in the past or the future would you visit?”
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.

#18 Team Building Activity: What if...?

What you will need:

- Question cards at the end of the activity list, copied and cut apart

What you will do:

1. Request each group select a Champion to come up to the front of the room
2. Explain the Champion will draw one of the “What if” questions and be required to answer the question within 30 seconds
3. When all of the Champions have answered the question, the audience will select a “winner” by applause.
4. There are no prizes.

#19 Team Building Activity: Balloon Shaving

What you will need:

- Balloons
- Safety razors
- Shaving cream

What you will do:

1. Ask each group to send two champions to the front of the room
2. Explain that the champions will work as a team to “shave the shaving cream” off of the balloon without breaking the balloon.
3. When you say “Go!”, one team member will blow up the balloon and tie it off This person will then cover the balloon with shaving cream
4. The second team member will use the safety razor and try to “shave” off the shaving cream without popping the balloon
5. The winner is the team who finishes first and/or the team that still have a balloon when time is called



#20 Team Building Activity: What's My Name?

What you will need:

- Chart paper (1 for each group)
- Marking pens (1 for each team)

What you will do:

1. Ask each group to select a Champion to come to the front of the room
2. Explain the Champion will remove his/her shoe (and socks) on one foot or another (not both)
3. Explain the Champion will then position the pen between his/her toes (they can use their hands for this) and then write his/her name on the chart paper
4. Explain Champions may sit or stand while writing
5. The Champions will be given 60 seconds to complete this task
6. Each Champion will then share his/her poster with the entire audience
7. Audience will select a winner by applause

#21 Team Building Activity: My House Is Burning

What you will need:

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

What you will do:

1. Explain this activity is for everyone
2. Working in duos or trios decide the answer to this question: "If your house was burning down, what three objects would you save?"
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.

#22 Team Building Activity: Clay Sculpture

What you need:

- Play Doh or Crayola Modeling Clay (1 cup of Play Doh per group)

What you will do:

1. Gather one champion from each team
2. Explain to the group when they select the champion they need to pick someone who can work with clay to make things
3. When the champions from each group get to the front have them position themselves behind the table, facing the rest of the audience
4. Call out the name of an animal (cat, dog, giraffe, elephant, something distinctive), and when you name the animal, champions will have 2 minutes to create the animal out of Play Doh
5. When the time is up, show each of the sculptures to the entire group and have them cheer for the one they like the best
6. Acknowledge all of the artists



What If Cards

<p>If I gave you \$10,000 what would you spend it on?</p>	<p>If you could watch your favorite movie now, what would it be?</p>
<p>If you could wish one thing to come true this year, what would it be?</p>	<p>If you could change anything about yourself, what would it be?</p>
<p>If you could be someone else, who would it be?</p>	<p>If you had to be allergic to something, what would it be?</p>
<p>If you were sent to live on a space station for three months, what three personal items would you take with you?</p>	<p>If you had to buy a car right now to have on your 16th birthday, what would you pick?</p>
<p>If you could live any day in your life over again which day would it be?</p>	<p>If you could go anywhere in the world, where would that be?</p>