**TEAM BUILDING ACTIVITIES**

FLYING PEN

Number of participants: 5-8 people

Duration: 10 minutes

What you’ll need: marker pen, string or duct tape, sheets of paper

How to play:

The group sits in a circle having a sheet of paper in the center. Each participant receives a piece of string and ties it on the marker pen while holding tight the other end. The aim is to maneuver the marker pen by holding the strings and to write on the piece of paper one word that best defines a team – such as “collaboration”. Debriefing will include questions such as what strategy you had, who was the person who took the role of a leader, what was the hardest thing to achieve, etc. This is a great game because it can also be played at the workplace, during the lunch break for example.

HUMAN KNOT

Number of participants: 8-20 people

Duration: 15-30 minutes

Instructions:

Participants stand in a circle facing each other. Instruct everyone to connect their hands with two other random people in front of them and form a human knot. Make sure each hand is holding only one other hand. Within a set time limit, the group must try to untangle themselves without breaking the connection of hands. If this happens, they need to start the game all over again. This is a great icebreaker that shows the importance of communication, collaboration, and creativity. Do you have what it takes? Accept the challenge and give it a try!

ROBOTIC TEAM

The objective of this blindfold activity is for smaller sub-teams to work together and communicate effectively to retrieve a bomb before the other teams. This fun challenge focusses on communication and cooperation.

Equipment Required: Rope to mark start line, blindfold for each team and a ‘bomb’ e.g. a mini football.

Space Required: Medium to Large. Indoors or outdoors.

Group Size: 6 to 12 but can be done with larger groups (rotating roles)

Total Time: 30 minutes

* 5 minutes to brief and set up
* 20 minutes for team activity (rotate team roles)
* 5 minutes to review and debrief

Robots Blindfold Challenge Instructions

Split the group into smaller sub-teams of 3-5 people. There are three key roles in each team. The first participant is the ‘Robot’. They stand blindfolded in front of the start line, facing out into the game area. Position participant two on the other side of the starting line facing away from the activity area. They are the ‘Communicator’. Participant three stands facing the activity area and observes the Robot. This participant must not talk – they may use any other communication method to indicate direction to participant two. Participant two must then verbalise these signals and guide the robot to retrieve the bomb.

If there are more than 3 in a team, either rotate them between roles or assign extra observers and communicators. The objective of the challenge is for robots to retrieve the ‘bomb’ from the activity area before the other teams.

[](https://ventureteambuilding.co.uk/wp-content/uploads/2015/09/purchase-now-button-sept.jpg)

1. Robot – blindfolded, facing bomb, only participant permitted in the
activity area.
2. Communicator – faces away from activity area, must NEVER observe the
robot.
3. Observer – faces activity area, cannot talk at all

Suggested Learning Outcomes

* Problem Solving
* Communication (verbal, non-verbal and listening)
* Cooperation
* Trust

# BRIDGE BUILD

Using the materials provided, two teams must work together to build a bridge, with each sub-team constructing half the bridge each. During the challenge, teams cannot see each other and must rely on their communication skills to build an identical design. This is an excellent activity for developing communication skills, problem solving and creative thinking.

Equipment Required:

You can use anything for building the bridges. Here are a few suggestions: newspapers, lego, toy bricks, straws, paper, cardboard etc.

Other essential resources: Tape, paper, pens, tape measure and tarpaulin or sheet.

Space Required: Small. Indoors or outdoors.

Group Size: 8 to 16 ideally. Enough people for at least two sub-teams of four or more. If you have a large group, then you can get more than one team working on a build – just ensure you have enough equipment including tarpaulins!

Total Time: 50 minutes

* 5 minutes to brief and set up
* 10 minutes group discussion and designs
* 30 minutes to complete build
* 5 minutes to review

Bridge Build Team Building Instructions

1. Before to the start of the activity, setup the room or area with a divide so teams cannot see what the other team is doing, use either a tarpaulin or sheets.
2. Explain to the group, that they will be split into two sub-teams and must work together to create a complete bridge with each team building half a bridge each. At the end of the time you need to put your bridges together to create your build. However, you will be separated during the challenge and can only communicate verbally to ensure that each build meets the design specification. You have just 30 minutes to complete the challenge.
3. Split the group into smaller sub-teams (aim for 4-8) and separate them to either side of the tarpaulin.
4. Provide each team with a bag of materials. Ensure that each bag contains exactly the same items. Also provide each team with paper, pens and a tape measure.
5. Give the team ten minutes to generate ideas and come up with a plan for the design. Remind teams to discuss ideas and communicate with their partner team on the other side of the tarpaulin to ensure a similar design.
6. Each team then gets 30 minutes to construct their half of the design. It is essential that each sub-team communicates effectively during the construction phase, failure to do so will result in failure of the challenge.
7. Once the time is up, remove your divide separating the two teams and see how close each build was to each other.

Suggested Learning Outcomes

* Problem Solving
* Active listening
* Team communication
* Creative thinking
* Cooperation and teamwork

STRAW CHALLENGE

This activity is a super simple and inexpensive way to get your group working as a cohesive team!

Time Needed: 10-15 minutes

Group Size: Any

Materials: Straws for each person in the group (ones that are NOT bendy work best)

Directions: Give each person a straw, have them form a circle, and then hold their straw against the pointer finger of their right hand.

Have them cross their left arm across their right arm and press the tip of their pointer finger on their left hand against the end of their neighbor on the rights’ straw. This should allow the tip of each of their pointers to be in contact with a straw. No other part of any person’s hand, other than their pointer fingers, may touch the straws from this point on.

Now have the group make a series of movements to see how few times they will drop the straws. Have the group move in a circle to their left until they are back in their original position again. Afterward, have the group move 5-15 feet (depending on how much space you have) in a direction from where they are standing, and then return to their original location.

If at any point someone drops a straw, the entire group must stop and allow the person who dropped the straw time to pick it up and get into position again.

There is no elimination for dropping a straw.