



Team Building Activities

There are many different team building exercises that are useful to various teams and team needs. Here are a few examples to help get you started. There are also many more that may be found online.

Back to Back Drawing

Split your group into pairs and have each pair sit back to back. One person gets a picture of a shape or simple image, and the other gets a piece of paper and pen. The person holding the picture gives verbal instructions to their partner on how to draw the shape or image they've been given (without simply telling them what the shape or image is). After a set amount of time, have each set of partners compare their images and see which team drew the most accurate replica.

Objective: Communication

Blind Retriever

In this fun and challenging blindfold activity, the group is split into smaller sub-teams and must compete against each other to try and retrieve an object. One person is blindfolded in each team and directed by their team-mates using simple commands to try and find the object before the other team.

Objective: Building trust

Blindfold Tent Build

Blindfolded and under pressure, the group have to work together in a race against the clock to put up a tent. Blindfold tent build is a great challenge for developing communication and leadership skills.

Objective: Building trust, communication



Circle of Silence

One person is selected to stand in the middle of the circle wearing a blindfold, the objective of the challenge is for the rest of the group to pass a selected object (such a tin with marbles in) around the circle without making any noise.

Objective: Working as a team

Common Thread

Before your meeting, break your team into groups. Instruct the groups to find out one commonality among themselves. It might be a hobby or an interest they all do, or having the same favorite genre of music or favorite food. Once they discover a commonality they can agree on, they create a list of what might be stereotypical qualities of such people.

Then, the groups come together to announce to the rest of the groups who they are. For example, they might be “Roller Coaster Buffs” or “Jane Austenites.” For the rest of the meeting (or the day, if you’re daring), group members must fulfill the stereotypes they listed. The Roller Coaster Buffs, for example, might periodically raise their arms and holler, or the Jane Austenites might rephrase all of their speech to co-workers as quotes from Jane Austen books. At the completion of the meeting (or day), talk about stereotypes that we assign to people. Discuss how they affect how we perceive other people’s abilities. Talk about how people managed to find a commonality, and the process it took to dig it up.

Objective: Team bonding

Jenga

Play a classic game of jenga together, or set a height goal and work together to achieve it.

Objective: Teamwork, encouragement

Mission Statement Mad libs

Take your club’s mission statement(s) and turn them into the popular Mad Lib game. To do this, remove key nouns, verbs, and adjectives. Create a worksheet in which the removed words are shown as a blank line with instructions on what kind of word is needed.

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In groups of two, have one team member ask for the correct type of word and the other team member supply the word. Or, if you do not want to break the team into groups, ask the team as a whole to supply one word at a time. Once there are enough words, read the mission statement back. It will sound silly.

Objective: Teamwork, team bonding

Night Trail

Working as a team, blindfolded participants follow a rope and try to navigate their way round a series of obstacles.

Objective: Trust, support, leadership and communication.

Perfect Square

In this activity, the team has to form a perfect square using rope while blindfolded.

Objective: Trust, teamwork, communication

Robots

The objective of this fun blindfold activity is for smaller sub-teams to work together and communicate effectively to retrieve an object before the other teams.

Objective: Communication, trust, teamwork

Sheep and Shepherd

In smaller teams, blindfolded team members must be guided into a pen by the shepherd giving them verbal commands. The team that pens the most amount of sheep in the quickest time, wins the challenge.

Objective: Communication, teamwork, trust

Traverse an Obstacle Course

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One at a time, blindfolded team members are guided by their team mates through an obstacle course to the finish line. They must rely heavily on trust and communication to complete the challenge.

Objective: Teamwork, trust, communication

Trust Walk

Working in pairs, blindfolded participants are led on a walk around the surrounding area or a course by their partners.

Objective: Communication, trust
