

Six free games from the book:
More Team-Building Activities for Every Group

My Adjectives

(From the Mix It Up Chapter)

Objective

For group members to become acquainted with each other in a different way.

Group Size

6 or more

Materials

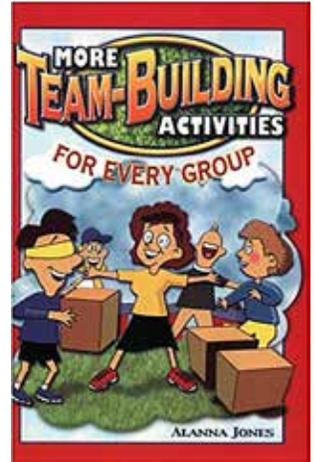
- ⇒ 3x5 cards
- ⇒ Marking pen
- ⇒ Music source

Description

Prior to the activity make a pile of 3x5 cards with an adjective written on each one. Try to use as many different adjectives as possible.

Gather the group together and give three of the adjective cards to each person. Start playing some music and instruct the group members to go around the group and exchange cards with others until they are satisfied they have found three adjectives to describe themselves. Once a person has found three adjectives they are happy with they should sit down. You may need to have a few extra cards in a pile that people can trade with at the end if they haven't been able to find cards they were satisfied with.

When everyone is seated allow time for group members to share the cards they have and to explain why they chose those adjectives.



Baton Pass

(From the Stir It Up Chapter)

Objective

To increase the comfort level of the group.

Group Size

4 or more

Materials

- ☞ Timer
- ☞ Small baton-like item

Description

Ask for four volunteers to come to the front of the room and give one of them a baton-like item (a paper towel roll will work). Select a category such as: Disney® cartoon characters, breakfast cereals, kinds of candy with chocolate in them, NFL® teams, US states, names of people in this group, books of the Bible, etc. Once the category is given set a timer for about 30 seconds. The person holding the baton must name something in the category and pass the baton to the next person, who must do the same. Players may not name something that has already been said. When the person keeping time yells “stop,” the person holding the baton is out and must sit down. Give the group a new category or let them continue with the same one. The last person left wins that round. You may play several rounds with different people.

Variation

- ☞ Have the group members say the words of the pledge of allegiance, a song, cheer, etc. The first person says the first word, the second person says the next word and so on down the line until someone makes a mistake.

Hula Walk

(From the Team Up Chapter)

Objective

To promote teamwork and cooperation.

Group Size

3 or more

Materials

- ☞ Several Hula-Hoops

Description

Line group members up side by side, give them Hula-Hoops and have them connect themselves in the following manner: One person puts his/her right leg inside a Hula-Hoop. The person next to them puts their left leg inside the same hoop, pulling the hoop taut so that it isn't dragging on the ground. That person then puts his/her right leg into another hoop, and so on, until the entire line of people is connected by Hula-Hoops. Those on the ends will have their outside leg free. Once everyone is connected the group must try to walk across a designated area without letting the hoops fall. This can also be done with two rows of people, one in the back and one in the front, all connected using the same hoops. Have smaller groups take turns if there aren't very many hoops.

Discussion Prompts

1. Was this easy or difficult for the group? Why?
2. What obstacles did you encounter while doing this activity?
3. Is it easier for you to overcome obstacles on your own or when with a group? Why?

Variation

- ☞ Use string or elastic bands instead of hoops.

Newscast

(From the Team Up Chapter)

Objective

For people to work together to focus on the good qualities in themselves and others.

Group Size

5 or more

Materials

- One video camera/ phone per team

Description

Break the group into teams of five or six and give each group a video camera and videotape. Have each team use their camera to and create a newscast that everyone is a part of, that features each group member in a story, and that in some way highlights each persons best qualities, talents or skills. After a set time limit gather the groups back together and watch each newscast. You may need to limit the length of the newscasts so there is enough time to watch them all.

Discussion Prompts

1. Was it easier to do a story about others or about yourself?
2. Did people in your group have a wide variety of good qualities?
3. How important is it for teams to be full of people with a variety of talents and skills?
4. Do you feel your talents are used to the fullest as a member of this group?
5. How could you contribute more to the teams that you are on, given your unique talents, skills and attributes?

Variation

- Each group makes a newscast about the people of another team and highlights their best qualities.

Group Clay Creations

(From the Team Up Chapter)

Objective

For all group members to contribute to a joint project.

Group Size

4 or more

Materials

- ☞ Clay in various colors
- ☞ Cardboard pieces or paper plates

Description

Divide the group into teams of four to eight. (Make sure that there are not more people in each group than you have colors of clay.) Give each group clay in various colors. Each person must take one color of the clay (more than one if there are extra), and this color is the only color that this person can use for the entire activity. Each team must create a sculpture or scene (you may specify the type of scene, such as a town, park, family, etc.) out of the clay, with no sharing of clay with others. For instance, the team decides to make a car, the person with the black clay must make the tires and the person with gray can make some hubcaps, and so on. After each group has made their creation, have them name it and share it with the rest of the group.

Discussion Prompts

1. How did your group decide who got which color?
2. Did some colors have more to do than others?
3. Are you happy with your creation? Why or why not?
4. Would this have been easier for you to do by yourself?
5. Would this have been easier if everyone could use any of the colors?
Would everyone have contributed the same amount? Why or why not?
6. Do people usually have an equal part in all group projects?

The Game of Life

(From the Open Up Chapter)

Objective

To explore how people are feeling as individuals and as a part of the group.

Group Size

1 or more

Materials

- Large sheet of green paper
- White paper
- Colored markers
- Scissors

Description

On a large sheet of green paper, draw a simple football field in the middle as if it were in the middle of a stadium. Give each person a piece of white paper and ask them to think of the person at a football game who best represents them. You may be specific and ask them to think of the person they are most like in terms of their relationship with God, with their family, when at work, when on this team, etc. The person selected can be anyone from a player or referee to a fan, peanut man, blimp driver, usher, owner, etc. Each person should draw their character, cut it out, and glue it to the paper in relation to where they think it should be. After everyone is finished, have them explain why they chose what they chose.

Discussion Prompts

1. What did you learn about yourself while doing this activity?
2. What did you learn about the group or about other members of the group today?
3. Do you like being the person you are in the game of life or is there someone else you wish you could be? Why?