



Fun Team Building Activities You Can Do at Home!

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#119346725

Fun Team Building Activities You Can Do at Home!



- This presentation provides a collection of fun team building activities that also engage a variety of skills that promote school success:
 - Creative problem-solving
 - Teamwork and collaboration
 - Kindness/self-esteem building
 - Communication
 - Listening
 - Problem-solving with STEM (science, technology, engineering, mathematics)
 - Interpersonal connection/bonding



#1 - Just Like Me: Body Percussion Activity

“Body percussion is the practice of **creating rhythmic sound** and music with various **parts of the human body**. This can include aspects such as clapping, finger snapping, foot stomping and many more”(Drum Café, 2018, para. 1).

One person starts with making a rhythm with their body and then everyone else has to copy that rhythm in a “call and response” fashion.

A vibrant neon sign for the Del Mar Theatre at night. The sign features the words "DEL MAR" in large, glowing green letters with a blue outline, set against a backdrop of red and blue neon. The sign is illuminated with various colors, including red, blue, and yellow. The background shows the building's facade and a large, glowing orange light fixture at the bottom.

NOW SHOWING

#2 - RUN AND SORT COLORS

<https://youtu.be/cy60zNgzfEM>

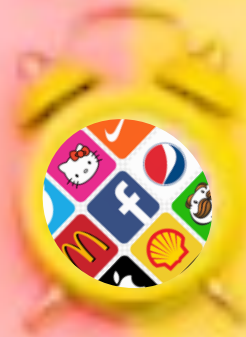
**#3 - HOOP HOP
SHOWDOWN**

<https://www.youtube.com/watch?v=3mUuvdKFfmk>

#4 Teamwork Activity: The Logo Quiz Game

It's all about teamwork and communication!

- Time to play the logo quiz game!
- Divide into teams of four.
- You have 3 minutes to guess as many logos possible. Write your answers on the answer sheet.
- The team with the most correct responses wins!
- No phones/internet allowed







Time to check our
answers!
(Answers on following slides)

1. Saint Louis Blues



4 days a



2. Facebook





3. Saint Louis Public Schools

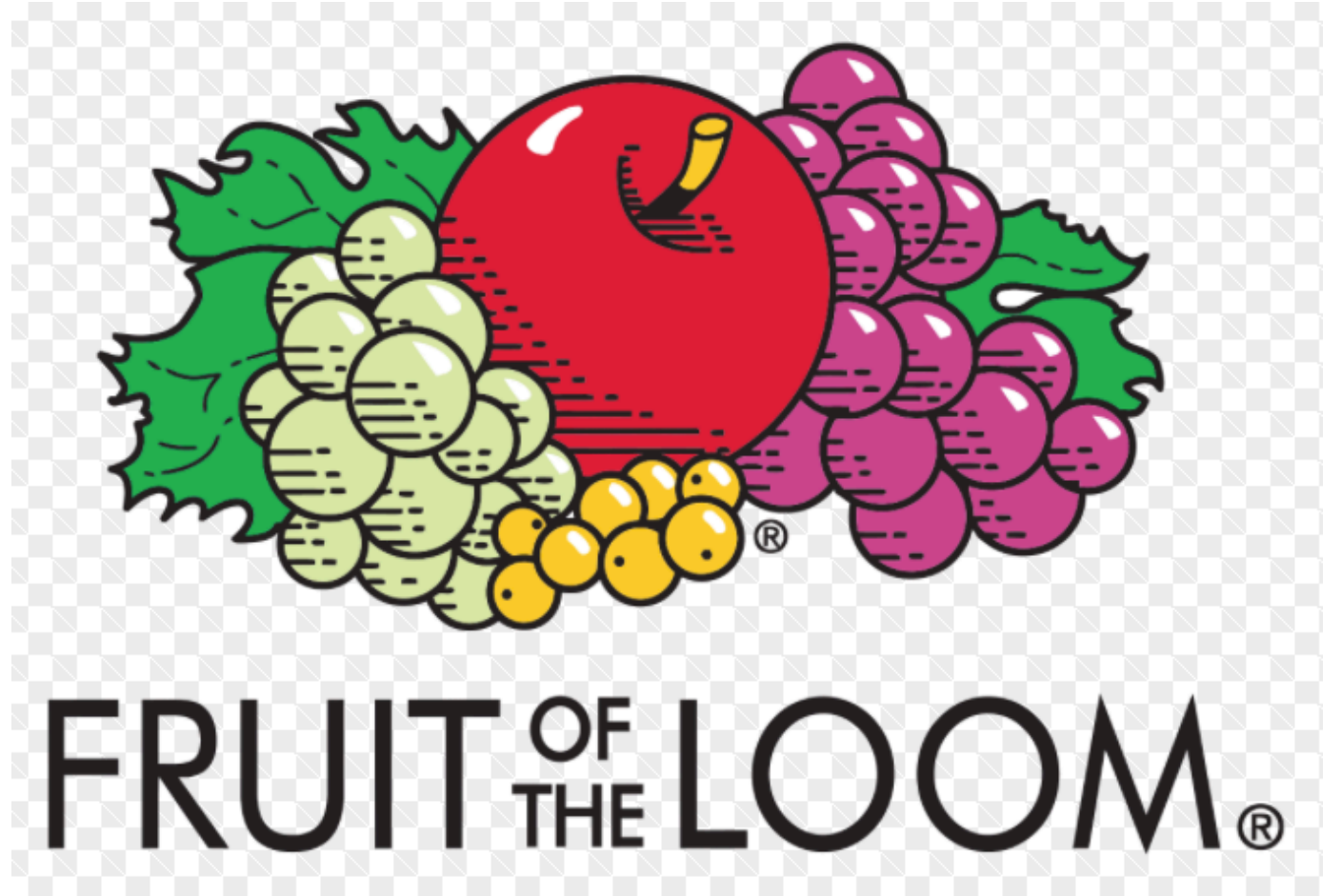


4. Elmer's

5. Starbucks



6. Fruit of the Loom



7. Mobil



Mobil

8. Android



אנדרואיד

9. Dollar Tree



DOLLAR TREE®

10.
Wikipedia



11. NBA



12. Morton





13. Adobe

14. General Mills



15. LG



LG

16. Chanel



*“don't
be like
the rest
of them,
darling.”*

~ Coco Chanel





17. Motown Records



18. History



19. Rockstar



20. Apple/Macintosh



21. WWE

- World Wrestling Entertainment





22. Spotify

23. Footlocker



Foot Locker[®]



24. Sun Maid



BANK OF AMERICA

25. Bank of America

26. Nestle



Nestlé

27. Hilton



Hilton

HOTELS & RESORTS



COLCUMBIA

28. Sony/Columbia Pictures

a SONY PICTURES ENTERTAINMENT company



29. Coach

COACH

EST. 1941

NEW YORK

30. Imo's Pizza



Teamwork Reflection Questions



- Did all team members participate?
- Did team members challenge each other's responses? If so, what was the end result?
- Were decisions made without considering each other's input?
- Was it beneficial to complete this task as a team? If so, why?

#5 - Marshmallow Spaghetti Tower

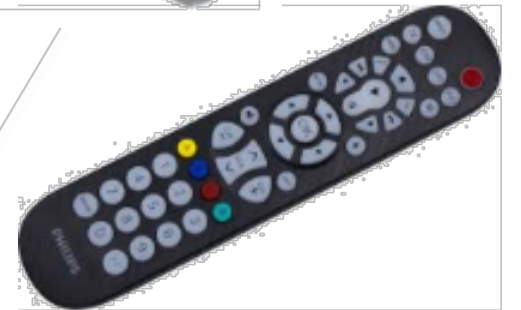
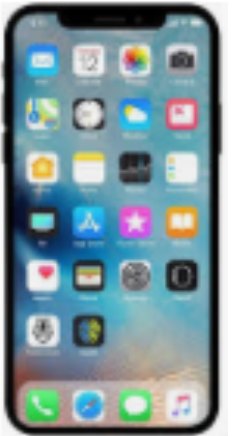
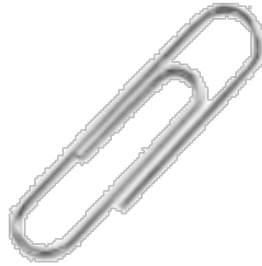
- **For:** Creative Problem Solving & Collaboration Exercise
- **What You'll Need:** 20 sticks of uncooked spaghetti, 1 roll of masking tape, 1 yard of string, and 1 marshmallow for every team.
- **Instructions:** Using just these supplies, which team can build the tallest tower? [There's a catch](#): the marshmallow has to be at the very top of the spaghetti tower, and the whole structure has to stand on its own (that means no hands or other objects supporting it!) for five seconds.



#6 - Classify This

HOW TO PLAY:

- Collect a variety of objects and put them in the center of a table. The broader the variety, the better. Aim for at least 20 different objects. The goal is to collect items that, at first glance, have no apparent connection.
- Break the team into groups, giving each group a sheet of paper and pen. Make sure they have a clear view of all the objects. Instruct them to classify the objects into four groups, writing down the groupings on their sheet of paper. They should not let the team groups hear what they are doing. When the time is up, have a spokesperson for each group reveal how they classified the objects, and why.



- Reasons might vary, from the function of the object to how it looks, or the material it is made of.
- **Purpose:** This exercise promotes teamwork and creative thinking, but it also encourages your team to rethink how they view everyday objects. They are forced to look for commonalities in otherwise unconnected objects. This leads to a discussion on how to work outside the box for solutions to problems that seem wholly unrelated.



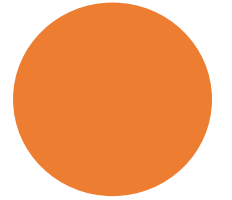
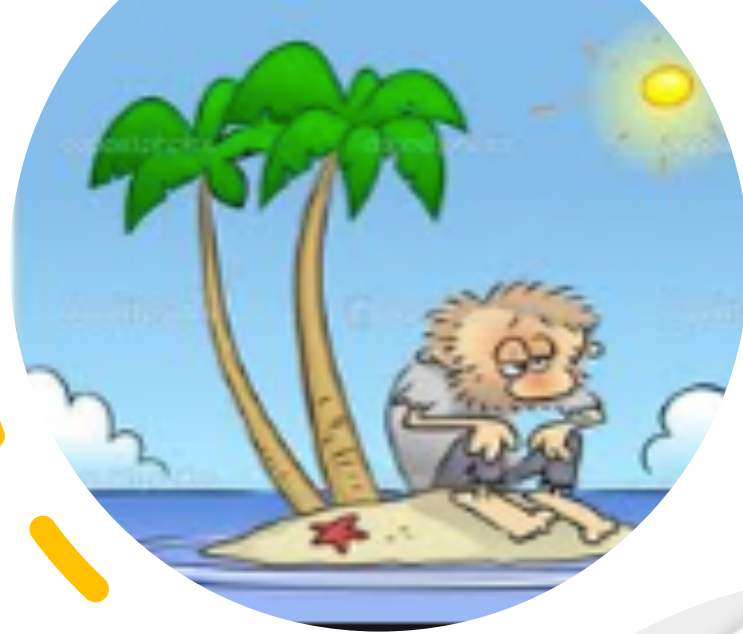
Ooh, yeah!

MORE CREATIVE PROBLEM-SOLVING & COLLABORATION ACTIVITIES

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#7 - This is Better Than That

- **Time:** 15 - 20 minutes
- **What You'll Need:** Four or more objects
- **Rules:** Pick four or more objects that are different (or the same objects that look different). Split all your participants into even teams. Describe a scenario where each team has to solve a problem using only those objects. This can be anything from "You're stranded on a desert island" to "You're saving the world from Godzilla!" Have each team rank the objects based on their usefulness in that specific scenario, along with their reasoning.
- **Objective:** This exercise inspires team creativity in problem solving. The idea is to not make the scenarios too easy so it becomes obvious which objects are most useful.



#8 - Spider Web

- **What You'll Need:** String and tape
- **Instructions:** Tape two pieces of string across a doorway, one at about three-and-a-half feet and the other around five feet. This string is the poisonous spider web. Teams must get all their members through the opening between the strings without touching it. Increase the difficulty by taping more pieces of string across the doorway.



You are
awesome!



KINDNESS/SELF-ESTEEM
BUILDING ACTIVITIES

#9 - Fill My Bucket

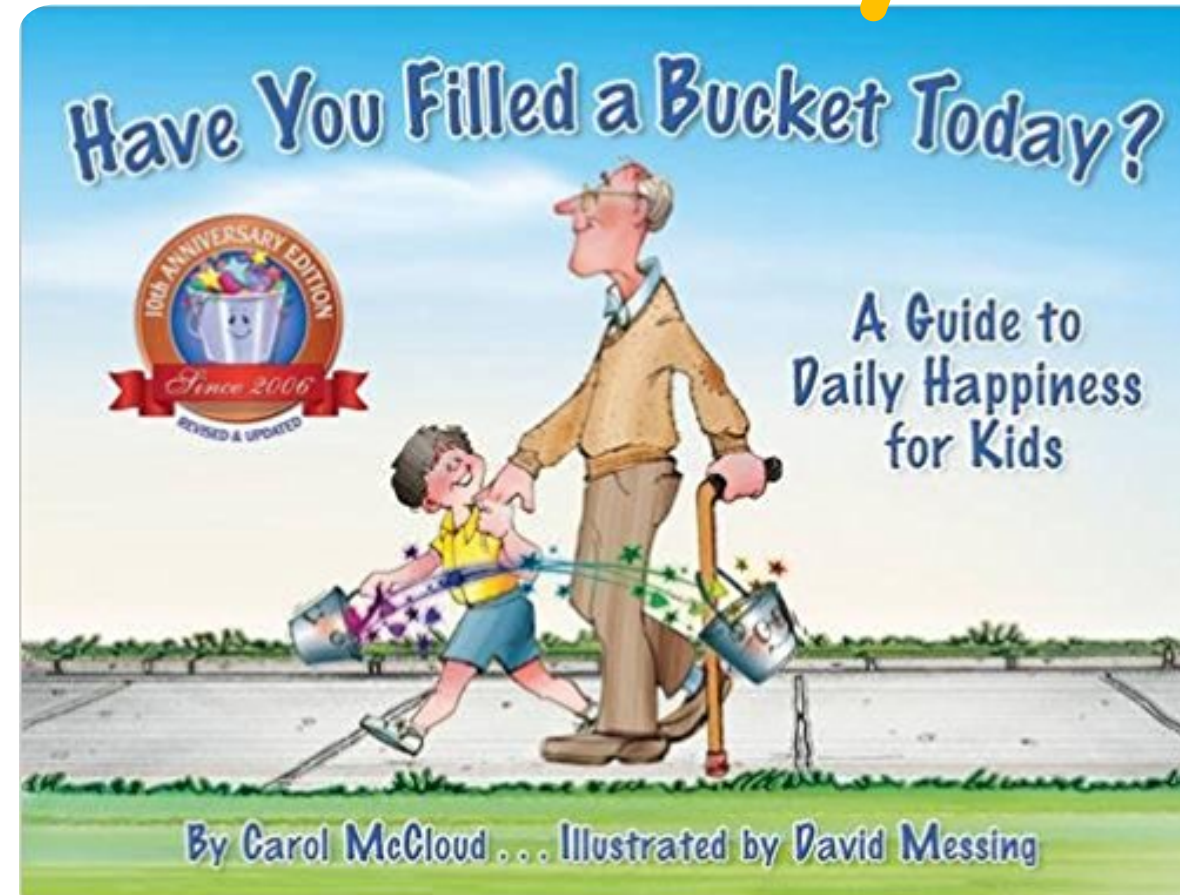
- Begin with discussion/questions related to bucket-filling

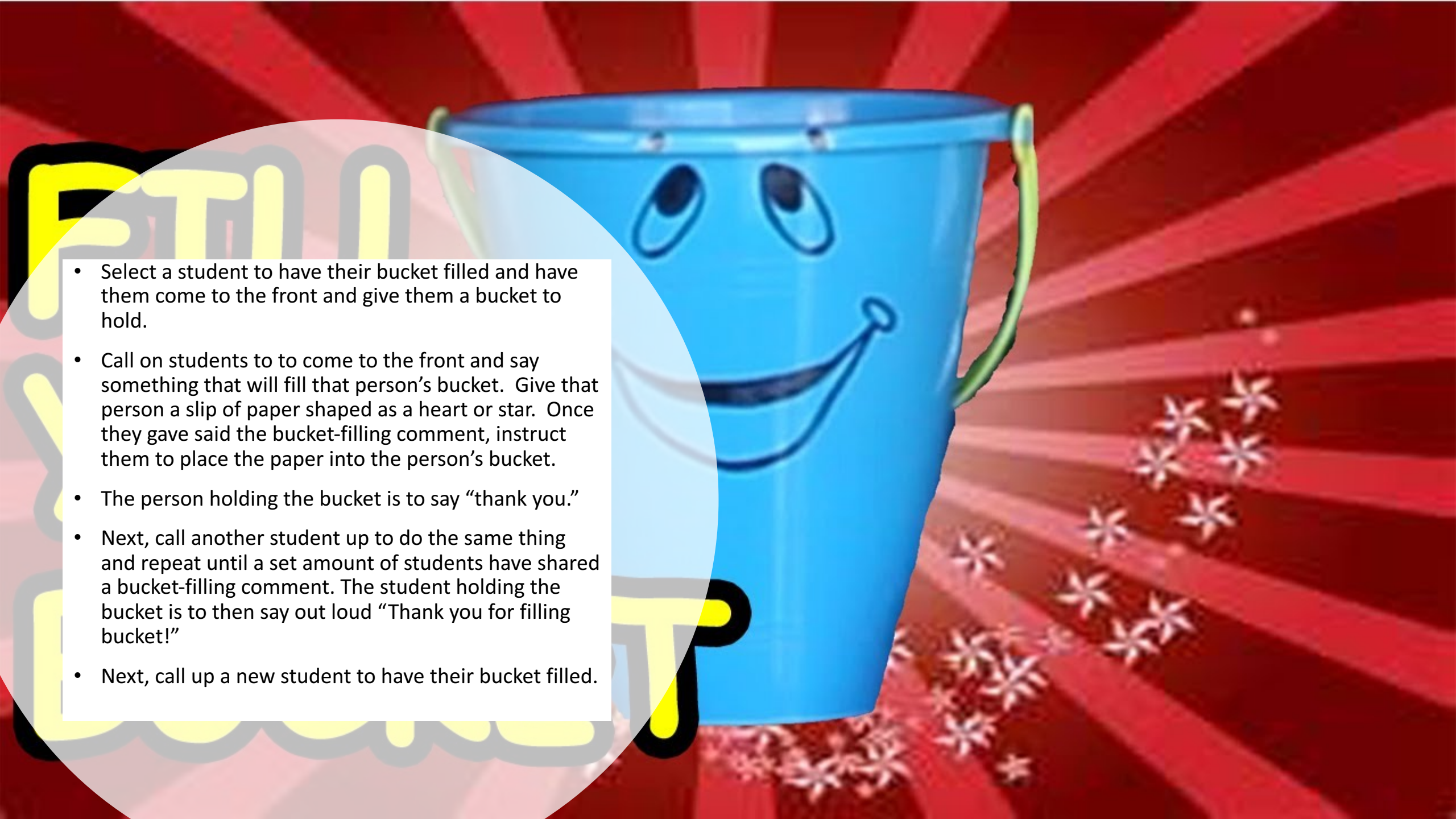
SAMPLE SCRIPT:

- Everyone has an invisible bucket. When your bucket is full, it means you are happy, you like yourself, your family, and you are excited about life. What is a bucket-filling moment? We want everyone to have a full bucket. But when your bucket is empty, you are not having a good day, you are really sad, lonely, angry, all of those negative things.
- The bucket is a wonderful, tangible way to imagine your mental and emotional health.
- There are so many things we can do to fill people's buckets. Every time you do or say something nice you add good feelings to their bucket.
- But you can also dip into someone's bucket and take out some feelings. You dip into someone's bucket every time you say or do mean things, make fun of someone, or ignore them.
- What fills your bucket?
- What happens to the bucket when someone says unkind words?
- People who are dipping have buckets that are empty. How we behave and treat others shows just how empty or full our buckets are.
- Do you want to be a bucket dipper or a bucket filler?
- When you fill someone's bucket, you fill your own bucket too!

Bucket Fillers-Have You Filled Your Bucket Today?:

<https://www.youtube.com/watch?v=4GOh18uZBlw&feature=youtu.be>



- 
- Select a student to have their bucket filled and have them come to the front and give them a bucket to hold.
 - Call on students to come to the front and say something that will fill that person's bucket. Give that person a slip of paper shaped as a heart or star. Once they have said the bucket-filling comment, instruct them to place the paper into the person's bucket.
 - The person holding the bucket is to say "thank you."
 - Next, call another student up to do the same thing and repeat until a set amount of students have shared a bucket-filling comment. The student holding the bucket is to then say out loud "Thank you for filling bucket!"
 - Next, call up a new student to have their bucket filled.



COMMUNICATION AND LISTENING ACTIVITIES

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#10 - The Mine Field

- **Time:** 15 - 30 minutes
- **Number of Participants:** 4 - 10 people (even numbers)
- **What You'll Need:** Various handheld objects, several blindfolds
- **Rules:** Find an open space such as an empty parking lot or a park. Place the objects (cones, balls, bottles, etc.) sporadically across the open space. Have everyone pair up, and make one person on from each pair put on the blindfold. The other person must lead their teammate from one side of the open space to the other without stepping on the objects — using only the verbal instructions. The blindfolded person cannot speak at all. To make it more difficult, create specific routes the blindfolded team members must walk.
- **Objective:** This game focuses on trust, communication, and effective listening. This activity makes a great team building beach game as well.





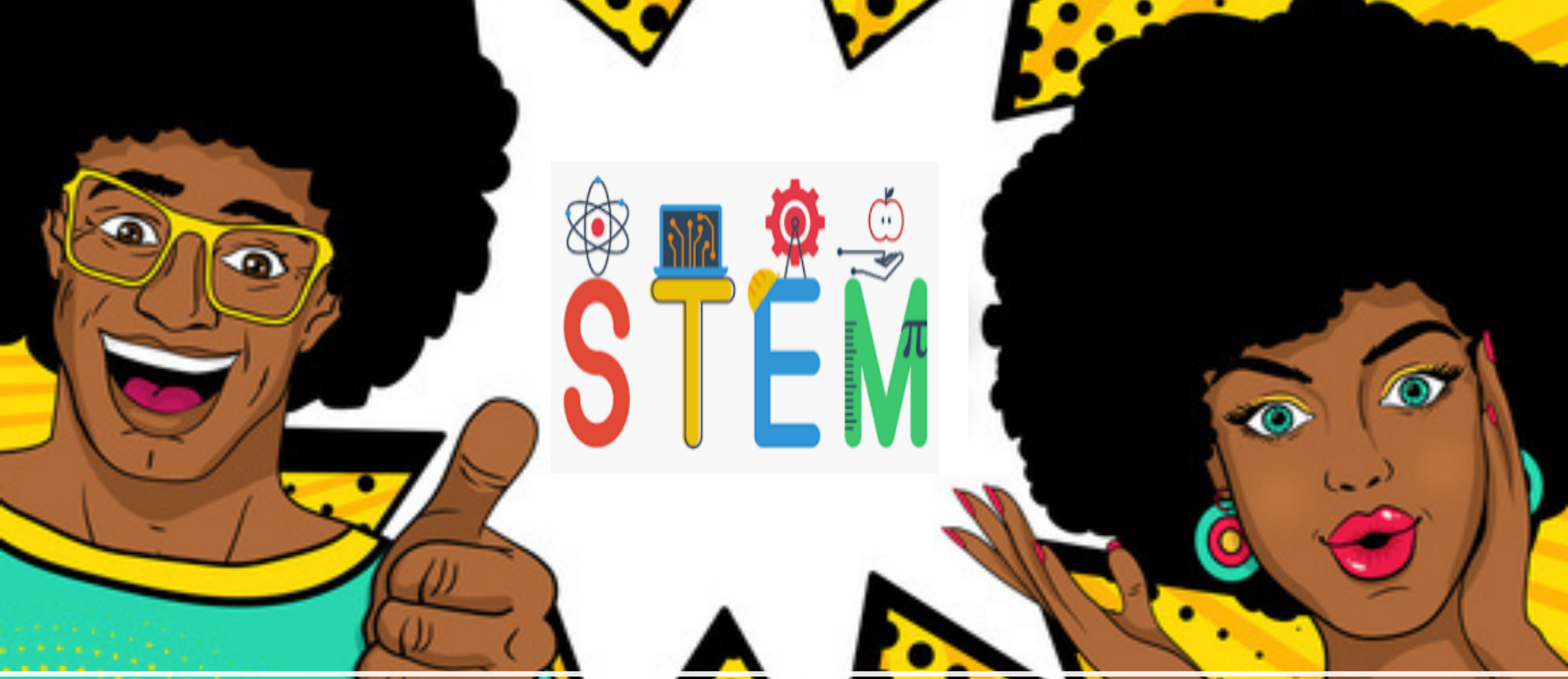
#11 - Lego Man

- **What You'll Need:** Legos
- **Instructions:**
 1. Divide everyone into small teams of two or more.
 2. Select an overseer who isn't on a team to build a random structure using Lego building blocks within 10 minutes.
 3. The other teams must replicate the structure exactly (including size and color) within 15 minutes. However, only one member from each group may look at the original structure. They must figure out how to communicate the size, color, and shape of the original structure to their team.
 4. If this is too easy, add a rule that the member who can see the original structure can't touch the new structure.

#12 - Back-to-Back Drawing

- **What You'll Need:** Paper, pens/markers, printouts of simple line drawings or basic shapes.
- **Instructions:** 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.





PROBLEM-SOLVING WITH STEM

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#13 - The Egg Drop

- **Time:** 1 - 2 hours
- **What you'll need:** Assorted office supplies
- **Rules:** Split everyone off into groups of three to five people and give each group an uncooked egg. Put all the office supplies in a pile. They have 15 to 30 minutes to use the supplies to build a contraption around the egg that will keep the egg from breaking when dropped. Some suggestions for supplies are: tape, pencils, straws, plastic utensils, packing material, newspapers, rubber bands. Once time is up, drop each egg contraption from the second or third floor of your building and see which eggs survive the Eggpocalypse.
- **Objective:** This classic team building game is an engaging (and messy) exercise. It uses teamwork and problem solving to bond team members. The more people the better, so this makes for an "eggcellent" corporate team building game! Make sure you have an extra supply of eggs in case some break (ew!) during the construction process.



An illustration of two people at a party. On the left, a man with dark skin, curly hair, and yellow glasses is smiling broadly and giving a thumbs-up. He is wearing a teal shirt with yellow polka dots. On the right, a woman with dark skin and curly hair is looking towards the camera with a surprised expression. She is wearing a yellow top with black polka dots and large, colorful hoop earrings. The background is grey with several yellow triangular confetti pieces scattered around. The text 'ICE BREAKER & BONDING ACTIVITIES' is written in white, uppercase letters in the center of the image. A vertical white line is positioned to the left of the text.

ICE BREAKER & BONDING ACTIVITIES

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#14 - Dare Jenga

- **What You'll Need:** A Jenga set (preferably with large blocks)
- **Instructions:** This one is a fun team building icebreaker for work that will get your team to test their limits. Write a dare on the surface of each block. Make them fun dares around the office such as: do 15 pushups, sing "Twinkle, Twinkle, Little Star" out loud, or wear the oversized sombrero for the rest of the work day (yes, we have an office sombrero). When all the blocks have dares on them, stack them up like in Jenga. When people pull a block out, they have to perform the dare that's written on it.



Contact Information

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That was fun!

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Sources

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