

TEAM BUILDING ACTIVITIES

- Fishing for some fun**
What do you have in common with a bunch of Fish Mongers? Probably that you like to have fun at work. Using the famous FISH philosophy participants will learn how to incorporate humor into everyday life, and learn how to take work seriously but themselves lightly.
- Volleyball with a twist**
Teams are challenged to play volleyball in a unique and different way. Starting small the teams grow and must learn to work together as the team size changes. Highlights the importance of effective communication skills.
- Jigsaw Puzzle Team Building**
Each team gets puzzle pieces. Participants must work together to correctly finish the puzzle.
- Obstacle Course**
Teams must negotiate and obstacle course. Fastest team wins.
- Blind Square**
Participants form a circle. Rope is placed in the middle of the circle. With blindfolds on the group must form a square with the rope.
- Paper Fold**
Each group member gets a sheet of paper. Following only the directions of the facilitator, the group must fold the paper as directed with their eyes closed. (no questions are permitted)
- Walking Statues**
Groups are divided into two teams. Teams line up on opposite walls. Teams may only move when a leader is watching, if they move when they are not watching they must return to the wall and start over.
- Tarp Fold or Flip**
Group stands on a tarp. Goal is to fold in half and fold again until someone falls off.
- Key Pad**
Teams are challenged to cross a key pad stepping in the numbers in this sequence given as fast as they can.
- Great Egg Drop**
Teams create a structure that can sustain a fall from 8 feet with one egg inside.
- The Amazing Race™**
Based on the hit TV show, teams must decipher clues and complete road blocks to avoid being eliminated. The prize is learning effective team work, and the trust and respect of your teammates.
- Create the Flag**
One team member must direct their team (who are blind folded) to create the American Flag using play dough.
- The Balancing Nail Activity**
The challenge is to balance 10 nails on the nail head in the wood base.
- The Speed Relay**
One person relays directions to re-create a puzzle in another room
- The Pole Balance Challenge**
Using only your index finger the team has to lower the pole to the ground. Drop it and you have to start again.
- The Mystery Game**
Pick an activity from the pail.
- Trivia**
Teams win points for how much they know about your organization.
- Gutter Ball**
Using the provided gutters the team must pass a marble through the gutters from start to finish.
- Listen & Draw**
Team members sit back to back. One has a picture of a shape the other has a blank pad and pencil. Using only words the shape must be described to the partner so that they can draw it.
- Ball Toss Pandemonium**
Participants try to juggle tennis balls in a set circuit. The teams that complete the most circuits, with added stress factors, wins.
- Too Many Cooks**
Your group inherits a restaurant, but the owner left his recipes in disarray. You have to make sense of all the recipes and quickly, because tonight is opening night.
- Two Truths and a Lie**
Team members make their statements and the rest of the group has to determine which statement is most likely a lie.

ICE BREAKERS/
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