Two Truths and A Lie

Team members tell two truths and one lie about themselves, other team members try to figure out which is the lie.

You'll Need:

Just your team!
This game doesn't require additional props

Instructions:

1. Ask each team member to think of two things about themselves that are true, and one lie.

2. Team members take turns telling their truths and lie to the group.

3. After each team member tells their truths and lie, the group discusses and votes on which was the lie.

This Game is Good for:

Breaking the Ice

Relationship Building

Life Highlights Game

Team members describe the 30 seconds of their lives they would relive if it was their last 30 seconds.

You'll Need:

Just your team!
This game doesn't require additional props

Instructions:

1. Ask team members to spend 5 minutes thinking about the best moments of their lives.

2. Ask them to spend 1 minute focusing on the 30 seconds they would choose to relive just before they die.

3. Ask each team member to describe to the group the 30 seconds they chose, and why that was their choice.

This Game is Good for:

Breaking the Ice

Relationship Building

Back-to-Back Drawing

One team member instructs the other on how to draw a replica of a simple image.

You'll Need:

Paper for drawing

Pens, pencils or markers

A copy of a simple image or drawing for every 2 people in the group

Instructions:

1. Divide teams into pairs.

2. Have pairs sit back-to-back.

3. Give 1 member of each pair the image. Instruct them not to show it to their partner.

4. Give the other member the drawing supplies.

5. Instruct the team member with the image to describe the drawing to their partner, who will attempt to draw the image.

6. Have all groups compare their results to see who did best and what gave them trouble.

This Game is Good for:

Breaking the Ice

Relationship Building

Communication skills

A Shrinking Vessel

Team members have to figure out how to fit themselves into an ever-shrinking space.

You'll Need:

A long piece of rope, a big blanket or masking tape

Instructions:

1. Mark off a space on the floor with a rope, blanket, or tape.

2. Have your team stand in the space.

3. Instruct them to work together to keep everyone in the space you've marked.

4. Shrink the space every two minutes.

5. After the first round, you may want to have team members talk about strategies for doing better, then try again and see how much they can improve.

This Game is Good for:

Relationship Building

Problem Solving

Creativity

Battle of the Airbands

Teams work to act out/lip sync the song of their choice.

You'll Need:

A music player or phone to play music

Speakers

A music selection (a subscription service like Spotify or Apple is probably best)

Instructions:

1. Create groups of 3-4 people.

2. Ask each group to choose a song they would like to lip sync together.

3. Give them a set amount of time to rehearse.

4. Give each team a chance to perform their song.

This Game is Good for:

Breaking the Ice

Relationship Building

Campfire/Memory Wall

Team members draw a picture, take a photo, or write about a positive work memory.

You'll Need:

Paper for writing and drawing (enough for each team member)

Pens, pencils, markers, etc.

Instructions:

1 Present team with a list of topics, such as:

- ☑ My first day.
- ☑ Friends.
- ☑ Creativity.
- ☑ Challenges.
- ☑ Team work.
- ☑ Accomplishments.
- ☑ Problem solving.
- ☑ Goals.
- ☑ Fun!

2 Allow each participant to choose one topic.

3 Instruct them then to write about, draw or provide a picture of a positive work memory that goes with the topic.

4 Display these together as part of a memory wall.

This Game is Good for:

Breaking the Ice

Relationship Building

Classify This

Teams try to group random objects into categories.

You'll Need:

20-25 unrelated objects

Instructions:

1. Divide your team into groups.

2. Ask each to classify the objects into four categories within a set amount of time.

3. When the time is up, have them explain their choices.

This Game is Good for:

Relationship Building

Problem Solving

Creativity

Company Coat of Arms

Teams create a coat of arms that reflects their vision of the company.

You'll Need:

1 large piece of paper or canvas

Art supplies such as markers, colored pencils, etc.

Instructions:

1. Give your team the art supplies.

2. Instruct them to create a coat of arms for your company, or their team.

3. Display your coat of arms in your office or workspace.

If you're unfamiliar, a coat of arms is a shield with symbols on it that represent aspects of a family, place or organization. They typically come with a motto as well.

*There are a number of different ways to complete the activity once the coat of arms has been created, from hanging it in the office to having teams present their versions of the company coat of arms to each other, and even having different teams try to interpret each other's coat of arms.

This Game is Good for:

Breaking the Ice

Relationship Building

Dare Jenga

Jenga, but with a twist - there's a dare written on each block.

You'll Need:

A standard Jenga set

Instructions:

1. Before the game, write a dare on each Jenga block (see examples below)

2. Stack the blocks as you would for a normal Jenga game.

3. When players pull a block out, they have to follow the instructions written on it.

Keep in mind that you can repeat the dares - you don't need a new one for each block.

Example dares:

- Sing for 15 seconds.
- Play next turn with eyes closed.
- Dance for 15 seconds.
- Spin for 10 seconds before next turn.
- Play next turn with feet.
- Tell a joke.

This Game is Good for:

Breaking the Ice

Relationship Building

Frostbite

Teams must work together in difficult conditions to build a shelter.

You'll Need:

Materials for building either a full-sized or miniature shelter. This can include pieces of paper, toothpicks and paper clips, or an actual tent or other pre-fabricated structure.

Blindfolds

Instructions:

1. Break your team into equal-sized groups.

2. Instruct each group to choose a leader.

3. Instruct them that their leader has frostbite and cannot physically help them.

4. The rest of the group has snow blindness, and is blindfolded.

5. The leader must give instructions to their group for building the shelter.

6. Give them a time limit (usually 15-20 minutes).

This Game is Good for:

Breaking the Ice

Relationship Building

Mad Lib Mission Statement

Team members create a Mad Lib with your company mission statement.

You'll Need:

A copy of your mission statement

A pen

Paper

Instructions:

1. Remove key parts of speech from your mission statement, such as nouns, verbs, adjectives and adverbs.

2. Make a copy of the mission statement with blanks for the removed words.

3. Have everyone supply words based on the parts of speech needed.

4. Read the new mission statement out loud.

When they know it's for the mission statement, you can have them do different versions - the funniest one they can think of, the most ideal, the most honest, etc.
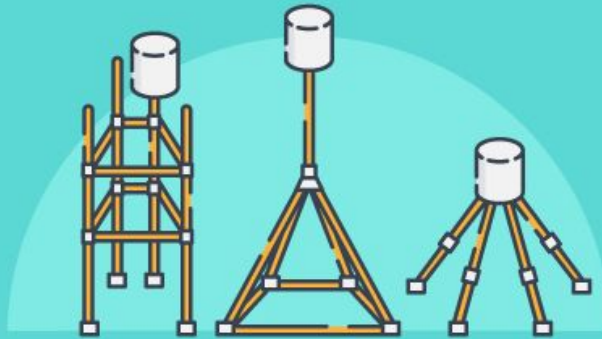
This Game is Good for:

Relationship Building

Creativity

Marshmallow Challenge

Teams use simple materials to build the tallest tower they can.

You'll Need:

20 sticks uncooked spaghetti noodles

1 Roll masking tape

1 yard string

1 Marshmallow

Instructions:

1. Instruct groups to build the tallest freestanding tower they can using the items. They can use as many or as few of the materials as they want, but it must end with the entire marshmallow on top. While the marshmallow must be whole, the other pieces can be broken up.

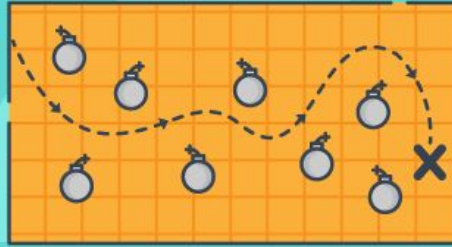2. Give them 15-20 minutes to complete the task.

This Game is Good for:

Breaking the Ice

Relationship Building

Problem Solving

Minefield

Pairs work together to cross a minefield

You'll Need:

An empty space, such as a hallway, large conference room, or parking lot. Obstacles such as folding chairs, cardboard boxes, garbage cans, etc.

Blindfolds

Instructions:

1. Place your obstacles throughout your empty space. These are your "mines."

2. Divide your team into pairs.

3. Blindfold one member of each team.

4. Tell teams that the member without the blindfold must guide the other through the course with verbal instructions.

To add more complication, you can allow more than one team on the course at a time.

This Game is Good for:

Breaking the Ice

Relationship Building

Problem Solving

Mural Masterpiece

Team members create artwork that they arrange into a mural.

You'll Need:

1 Canvas for each team member

Enough art supplies (brushes, paints, etc.) for each team member

Instructions:

1 Give a canvas and art supplies to each team member.

2 Give them a set time to create their artwork. The artwork can be anything they choose.

3 Ask the team members to combine their pieces into a mural.

4 Display the mural at your workplace.

This Game is Good for:

Breaking the Ice

Relationship Building

Creativity

Communication skills

Name that Office

Remote team members try to match photos of remote office spaces to the team member who works there.

You'll Need:

Shared virtual storage, such as Google Drive or Dropbox

Instructions:

1. Ask everyone to upload a photo of their remote office to the shared storage.

2. Instruct everyone to try and match the office to the team member.

This Game is Good for:

Breaking the Ice

Relationship Building

Office Trivia

Team members are quizzed on work-based trivia.

You'll Need:

Just your team!
This game doesn't require additional props

Instructions:

1. Develop trivia questions about your company or office.

2. See who can answer the trivia questions.

This Game is Good for:

Breaking the Ice

Relationship Building

Paper Plane Challenge!

Teams build paper airplanes with the goal of building the one that flies farthest, or has the longest hang time.

You'll Need:

Paper!

Instructions:

1. Find an open space inside or outside.

2. Give each team paper to construct their plane.

3. Set a time limit for construction.

4. Have each team select a member to throw their plane. See which goes farthest or stays in the air longest.

You can show them a variety of designs, or let them do research online. This latter option is interesting, because there are a lot of designs available, with super complex ones that can take some time to fold and are easier to mess up, but promise better flight time. They'll have to find the balance between performance and complexity.

This Game is Good for:

Relationship Building

Problem Solving

Creativity

Penny For Your Thoughts

Team members randomly select pennies, then share a significant event that happened to them during the year stamped on the penny.

You'll Need:

A penny (or other coin) for each team member. Dates on coins should be from the last 10-15 years

Instructions:

1. Randomly pass a coin out to each team member.

2. Give them a few minutes to come up with an important memory (or memories) from that year.

3. Ask each of them to talk about their memory from that year.

This Game is Good for:

Breaking the Ice

Relationship Building

Picture Pieces Game

Team members re-create a work of art.

You'll Need:

Art supplies for each team member, such as paints, colored pencils, markers, etc.

A print out of a well-known image, such as a famous painting or photo, your company logo, etc.

Canvas or poster board for each team member (see instructions for size)

Instructions:

1. Cut the printout into equal size pieces, 1 piece for each team member.

2. Give each team member their supplies and printout piece. Their canvas or poster board should be larger than their piece of the printout. The larger it is, the more time the activity will take.

3. Instruct each team member to produce a larger version of their printout on the canvas or paper.

4. When they've finished, ask them to work together to assemble the larger image.

5. (optional) Have the team display the final piece in your office or workspace.
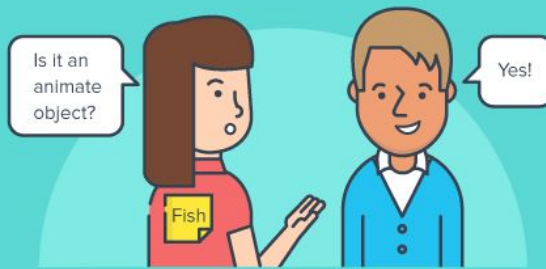
This Game is Good for:

Breaking the Ice

Relationship Building

Problem Solving

Salt and Pepper

Team members ask questions of each other to try to guess what the secret label is on their back, then have to find their pair.

You'll Need:

A pen

Name tags or Post-It notes

Instructions:

1. Come up with a list of well known pairs. Here are a few you can use to get started:

   - ☑ Peanut butter and jelly
   - ☑ Fish and chips
   - ☑ Mickey and Minnie Mouse
   - ☑ Soup and salad
   - ☑ Mario and Luigi
   - ☑ Salt and pepper
   - ☑ Bonnie and Clyde
   - ☑ Q-Tip and Phife Dawg

2. Write the name of each individual on a name tag or Post-It. So "peanut butter" and "jelly" would each have their own tag.

3. Place a tag on each team member's back, so they can't see it.

4. Instruct team members to ask each other yes or no questions to try to figure out their label.

5. Once they've figured out their label, instruct them to find their pair.

This Game is Good for:

Breaking the Ice

Relationship Building

Communication skills

Scavenger Hunt

Teams compete to see who can find all of the items on a list.

You'll Need:

Just a pen and paper

Instructions:

1. Come up with a list of things for people to find on your scavenger hunt.

2. Divide your team into groups.

3. Give each group a list of the scavenger hunt items.

The winner can be the first team to find all the items, or the team that finds the most items in the allotted time (if you need to speed it up).

You can give the teams a straight list of items to find, or you can give them clues about what items they have to find.

This Game is Good for:

Relationship Building

Communication skills

Show and Tell

Everyone gets to bring an item from home and explain it to their team.

You'll Need:

Just your team!

Instructions:

1. Schedule one team member for show and tell each week.

2. Instruct team that on their day they're to bring in an item to present to the rest of the team.

You may want to set a 15 minute timer
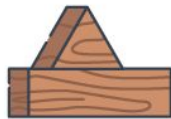
This Game is Good for:

Breaking the Ice

Relationship Building

Sneak a Peek Game

Team members work together to build a structure from memory
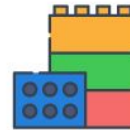
You'll Need:

Blocks   or   a couple Jenga sets   or   Legos

Instructions:

1. Build a structure with the blocks where your team can't see it. Keep it hidden.

2. Divide the team into smaller groups. Give them each enough blocks to allow them to create a replica of your structure.

3. Instruct each group to select 1 team member to view your structure.

4. Give the selected team members 10 seconds to view your structure.

5. Have selected team members return to their group and direct them on how to build a replica.

6. If no one has built a replica after a minute, allow them each to send another team member to view the structure.

7. Repeat until one or all teams have recreated your structure.

This Game is Good for:

- Breaking the Ice
- Relationship Building
- Problem Solving
- Communication skills

Survival

Teams imagine they are in a survival situation, and rank different objects in order of importance.

You'll Need:

7-12 random objects from your office

Instructions:

1. Instruct team members that they are stranded somewhere (desert island, etc).

2. Give them the random objects from the office.

3. Ask them to rank the objects in order of importance.

4. Ask them to explain their ranking.

This Game is Good for:

Breaking the Ice

Relationship Building

Problem Solving

Team Timeline

The team creates a timeline that combines important moments for the company with important moments in their life.

You'll Need:

A roll of butcher paper

Art supplies such as pens, pencils, etc

Instructions:

1. On the butcher paper, create a timeline that starts when the company was founded, or when the oldest member of your team was born.

2. Mark years on the timeline, and, with the help of your team, note important dates for the company.

3. Ask team members to add 3 - 5 important events from their lives to the timeline.

You may also choose to have your team add important local and world events.
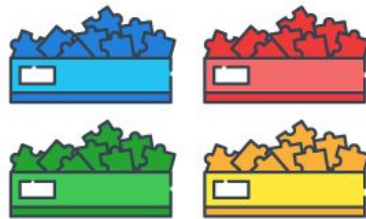
This Game is Good for:

Breaking the Ice

Relationship Building

The Barter Puzzle

Teams try to put together mixed up jigsaw puzzles.

You'll Need:

1 jigsaw puzzle per team. Puzzles should be of equal difficulty, but should look very different. You'll want to have at least 4 teams.

Instructions:

1. Redistribute the puzzle pieces so that each puzzle box contains an equal number of pieces from each puzzle.

2. Divide your team into equal groups.

3. Give them each a puzzle, and tell them simply: "You have 20 minutes to complete your puzzles." Tell them you cannot give further instructions.

You can add another twist by making it competitive, i.e. first team to complete their puzzle wins, and see how that changes the game.

You can also give them pieces of the same puzzle. The teams will have to figure out that they're all working on the same puzzle, and come together to solve it.

This Game is Good for:

Relationship Building

Problem Solving

The Classification Game

Team members divide themselves into subgroups based on personal likes and dislikes.

You'll Need:

A pen and paper

Instructions:

1 Ask everyone to introduce themselves and name 5 things they like, 5 things they dislike.

2 Write down each person's likes and dislikes.

3 Ask team to divide themselves into groups based on likes and dislikes. Subgroups could be coffee lovers, runners, gamers, etc.

This Game is Good for:

Breaking the Ice

Relationship Building

The Meta Team Building Exercise

The object of this post-modern team building activity is to create a new team building activity.

You'll Need:

Just your team!

Instructions:

1. Ask your team about team building activities they've done. Which activities were best and worst, what they love about them, and what they absolutely hate.

2. Ask them what they think the purpose or purposes of a team building activity should be.

3. Give them a time limit to come up with their own team building activity.

4. Once the time is up, have them do the team building activity.

> If they enjoy it, they can continue working on ideas for refining it, and do the activity on a monthly or weekly basis. Ideally the team develops its own team building activity that it really enjoys.

This Game is Good for:

Relationship Building

Problem Solving

Creativity

The Perfect Square

Team works together to take a piece of rope from a circle shape to a square shape, while blindfolded.

You'll Need:

A long piece of rope (long enough that when tied in circle, all members of your team will be able to stand around it)

A blindfold for each team member

Instructions:

1. Have the team sit in a circle.

2. Blindfold each team member.

3. Give each team member a piece of the rope to hold.

4. Instruct them to try and form the rope into a square.

In some variations team members come up with a plan first, then put on their blindfolds and are not allowed to speak while forming the square

This Game is Good for:

Relationship Building

Problem Solving

The Team Journal

The team or company works together to create a shared journal.

You'll Need:

A notebook or journal

Art supplies such as pens, pencils, markers, etc.

Instructions:

1. Put the journal in a common area, along with art supplies.

2. Invite employees to contribute to it.

This Game is Good for:

Relationship Building

Communication skills

This Is Better Than That

Teams try to organize objects by usefulness based on an imaginary scenario.

You'll Need:

Items from around the office

Instructions:

1. Divide your team into smaller groups.

2. Give them a survival scenario, such as: you're trapped on a desert island, your plane has crashed in the jungle, the zombie apocalypse has begun, etc.

3. Give them four objects that have no obvious utility in this situation, and ask them to rank the objects in order of usefulness, within a set time limit.

4. When the time is up, have them explain their choices.

This Game is Good for:

Relationship Building

Problem Solving

Creativity

Toxic Waste or Bomb Removal

Team tries to move "toxic waste" safely with simple tools.

You'll Need:

1 small bucket	1 large bucket	1 rope
1 bungee cord loop	8 bungee cords	8 plastic or tennis balls

Instructions:

1. Use the rope to make an 8-10 foot circle that represents the radiation zone. (The larger the zone, the more difficult the game is).

2. Fill the small bucket with the tennis balls and place it in the center of the circle. This is your toxic waste.

3. Set the large bucket about 30 feet from the toxic waste zone.

4. Instruct teams to use the bungee cords to transfer the tennis balls from the small bucket to the large bucket.

They have a time limit of 15-20 minutes. Anyone who enters the radiation zone is "injured." An injury can mean they lose the use of a sense (no speaking, blindfolded) or body part (must only use one hand, etc.), or must sit out for a few minutes. Spilling the bucket results in the "death" of the entire team. Dropping individual balls results in an injury or death of the nearest player. Once the bucket has been removed from the radiation zone, players must maintain the same distance from it.

How to win toxic waste:

One way for players to win is to attach the bungee cords to the bungee loop, then hold and pull the cords, stretching the loop and guiding it over the toxic waste bucket. Lower the stretched loop over the bucket, then allow the loop to contract so it grips the bucket. Finally, allow the loop to tighten, lift the bucket and walk it over to the large bucket. Dump the balls in the bucket.

This Game is Good for:

- Breaking the Ice
- Relationship Building
- Creativity
- Communication skills

What's My Name?

This game is similar to Salt and Pepper, but uses famous people or common types.

You'll Need:

Name tags (Post-It notes work too)

Instructions:

1. Write the names of a type of person or a famous person on the tags.

2. Attach a tag to each team member's back.

3. Instruct the group to mingle and ask yes or no questions.

4. Team members exit the game when they discover what their tag says.

This Game is Good for:

Breaking the Ice

Relationship Building

What's On Your Desk

Teams turn an item from their desk into a product they develop.

You'll Need:

Just your team!

Instructions:

1. Ask each team member to get one item from their desk.

2. Divide the teams into equal sized groups.

3. Instruct them to choose one desk item to be their "product." Give them a time limit of about 2 minutes to decide.

4. Instruct them to name the product, create a logo, and come up with a marketing plan within a time limit.

5. Once the time is up, ask group to present their product. They can then talk about pros and cons of each product and marketing plan and brainstorm ideas for improving them.

This Game is Good for:

Problem Solving

Creativity

Zombie Escape

Team members solve puzzles to escape a "zombie" team member before they run out of time.

You'll Need:

A rope, chain, or masking tape

5+ puzzles and/or riddles for team members to solve

A small room

Instructions:

1. Select or ask someone to volunteer to be the zombie.

2. Tie the zombie to something in a corner of the room.

3. Instruct the rest of the team to start working on the puzzles/riddles. Let them know you'll be giving the zombie a foot of slack every 5 minutes. If any team member is touched by the zombie, they're out of the game.

4. If the team solves the puzzles before the zombies reach them, they've "escaped."

If you'd rather not tie or chain up your team members, you can create 1-foot boundaries in the room using masking tape.

This Game is Good for:

Breaking the Ice

Relationship Building

Problem Solving

Zoom

Participants try to put pages of the book Zoom in order

You'll Need:

Zoom, by Istvan Banyai

Instructions:

1. Pass out a page of Zoom to each team member.

2. Instruct them to put the pages in their proper order, without showing them to each other.

This Game is Good for:

Relationship Building

Problem Solving

Communication skills