

TEAM-BUILDING ACTIVITIES

Following are a few examples of activities. You can choose to use one or more when meeting with a group for the first time. Record notes below each activity about how you may adapt the exercise to fit your needs.

String Game

Materials needed:

- Three to four skeins of different colored yarn
- Scissors

Before the activity takes place, cut the yarn into different lengths ranging from 12 inches to 30 inches. Each member of the group selects a piece of yarn without knowing the yarn's length. Then, when it is her turn, the member begins to wrap the yarn around her finger. The member must talk about herself for as long as it takes her to wrap the yarn around her finger.

Story Starter

Materials needed:

- Index cards and pens

On each of the index cards, the facilitator writes a starter sentence. For example: "Once upon a time, I..." Make numerous cards with different first lines. Divide participants into groups, distribute one index card to each group, and instruct the groups to finish the story as a team. When groups finish writing, read all the stories aloud.

Two Truths and a Lie

Participants form a circle. One by one, participants tell two truths and one lie. These three statements must be relevant to the speaker’s life. The group then works together to decide which two statements are true and which is a lie.

Mind Maps

Materials needed:

- Chalkboard, whiteboard, or piece of paper
- Writing instruments

For this activity, you need a chalkboard, whiteboard, or piece of paper, as well as writing instruments. In the middle of the writing surface, write the central idea of your project or what it is you need to brainstorm. From there, draw lines that connect this idea to other ideas as your team generates them. Write down every idea without comment, encouraging members to be creative.

The One Question

For this exercise, you can assign one situation to the entire team or allocate a different situation to each member. The task is to answer the following: **“If you could ask only one question to discover a person’s suitability for _____, what would it be?”**

(Choose one or create your own):

- Running a business together
- Being your personal assistant
- Supplying an important service
- Being your leader

