



Team Builders

Team building is an essential part of motivation, connection, productivity, and morale within your organization. Taking the time to provide experiences where your group members will get to know one another and also learn a little more about themselves only helps to create that sense of cohesion every group hopes for. You will be in good shape to start the bonding process after taking the time to read through these helpful tips and suggestions for successful team building!

Team Builders

Use these brief but entertaining ice breakers to help your group members get to know one another better and have fun!

Name Origins – Have participants stand in front of the group one at a time and write their full name on a large piece of paper. Be sure to have a variety of colored markers. The person then explains anything interesting about his or her name. One can talk about why their parents chose the name, the ancestral significance of their name, why they chose a certain color to write it in, any nicknames they have, or anything else they want to share. You may also ask participants to share what they would change their name to if they were to change it.

Two Truths and a Lie – Instruct participants to think of three facts about themselves, two of which are true and one of which is a lie. (e.g. my high school soccer team won the state championship, I play the piano, or I used to work in a fast food restaurant.) Then go around the room, one at a time, and have participants state their facts. The rest of the group will guess which facts are true and which one is the lie.

Human Shield - On a piece of paper the facilitator can draw and photocopy a shield that is divided into 3-5 sections. They can then choose questions or prompts for each of the sections that group members will have to respond to (i.e. What is your favorite quote? What would be your dream vacation? Depict something related to your culture). These can be answered/reflected through pictures or text. After each box has been completed by the group members they will have the time to explain their responses to the group and in turn learn from others about what makes up their Human Shield.

Birthday Order - Ask your team members to line up in chronological order by birthday without speaking. They are able to use visual clues and body language.

Human Bingo – Before the class period, facilitators will gather an interesting, but not too personal fact, about each member of the team. Each fact will be listed on a sheet of paper without the names of the participants. The participants will then mingle around the room and find out which fact belongs to each person. Let participants know not to just ask each person which fact is theirs, but rather to ask if a particular fact is theirs. After 15 minutes or so, stop the game, go around the room, and have participants reveal, one at a time, which fact is true of them.

Questions to Ponder....

When thinking about what kind of team builder will be appropriate for your group, think about the following:

How many people will be participating?

How much time do you have for this activity?

What physical/monetary resources do you need for the activity?

What type of room will you be doing the activity in (size, open space, moveable furniture, a/v access)?

What is the purpose or desired outcome for this specific team builder?

What team builders have you done in the past? Did they work well? Why/why not?

Is there anyone in your group who has any physical limitations?

Are there currently any issues/tensions within the group or between specific group members?

Would it be helpful to have someone from outside the organization come and facilitate the activity?

“Coming together is a beginning. Keeping together is progress. Working together is success.”

~Henry Ford



Quick Tips

Each tip provides great ideas to maximize the level of teamwork and cooperation with your team.

Connect to Engage - Take time to develop rapport with each team member. Sharing a common connection is the first step toward developing a higher degree of trust.

Lead The Way/Role Model - Set the expectations clearly in the minds of your group members by showing them firsthand how to accomplish the task in question. Role modeling is a critical team building tip as it demonstrates to others that you aren't asking anything of them you are not willing or able to do yourself.

Empower Others - Allow team members to take educated risks. Expect to be pleasantly surprised, and even impressed, by those who have been secretly waiting for their time to shine.

Reward & Recognize - Seek out opportunities to praise. Catch people doing things right and publicly praise them for their efforts. Acknowledgement of a job well done is a powerful act of kindness.

Coach Balance - Everyone struggles at times to balance the heavy demands of academic, social, family, and leadership responsibilities. Encouraging folks to take time to "refuel", tells them that you care about them as an individual.

Provide Significance - A basic human need is to feel significant. People must know that their work is appreciated and that their presence is valued. Everyone needs to know that their contribution matters. You have the power, and the obligation as a leader, to ensure that other group members feel that their individual efforts are meaningful.

Pieces of Leadership brochures are available on the following topics:

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Facilitation
Goal Setting
Group Dynamics
Ice Breakers/Team Builders
Mission Statements
Motivation
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Qualities of a Good Leader
Running a Good Meeting
Stress Management
Time Management
Wellness

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was adapted from:*

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For more information on the topics
listed above or to access the
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