



Team-Building Activities

Team building activities are fun and interactive ways to build relationships. Use team-building activities before starting a new project, or a few times over the course of a long assignment. Most of the following examples can be used with students of all ages, but you may need to modify an activity to meet the specific needs of your students.

Desert Island

Directions: Divide students into groups of five or six and give them the task of preparing to survive on a desert island. Have groups develop a list of must-have items and different uses for each. After allowing time to brainstorm, have each group present its ideas to the whole group.

Variations: Allow the whole group to vote on which group had the best list.

Flip It

Directions: Lay a sheet, tarp or large tablecloth flat on the floor. Divide students into groups of about 10. Ask everyone in a group to stand on the sheet, then challenge the first group to flip over the entire sheet without touching the floor underneath with their feet, hands or any other body part. After the first group completes the activity, allow the next group to go. If a group is unsuccessful, allow them to watch another group, then try again.

Variations: Time the groups to see who can complete the challenge the fastest. Use smaller objects, like a towel or small sheet, with smaller groups.

Storytime

Directions: Have students sit in a circle, then provide each with a picture of any object. Begin a story using the object on your picture, then have students go around the circle adding to the story with whatever object they have.

Variations: Provide younger students with easy to incorporate pictures like animals. Try the activity once every couple of weeks as students get comfortable with the format.

Speed Speech

Directions: Randomly assign students with a topic (something simple, like a sport or place) and have each student give a one-minute speech on the topic to the rest of the room.

Variations: Model a one-minute speech for students. Have students pick topics out of a hat. Ask students to volunteer to go first, or randomly assign an order to students.

Build a Castle

Directions: Divide students into small groups of five or six and distribute a set amount of tape and building materials (e.g., straws, index cards, balloons) to each group. Allow students a few minutes to brainstorm the design of their castle, then provide 15 to 20 minutes to build it.

Variations: Adjust the goal of the activity to build the tallest castle, most creative castle, the first to use all materials, or some other characteristic. Assign roles to students such as team leader, tape cutter or other specialist.