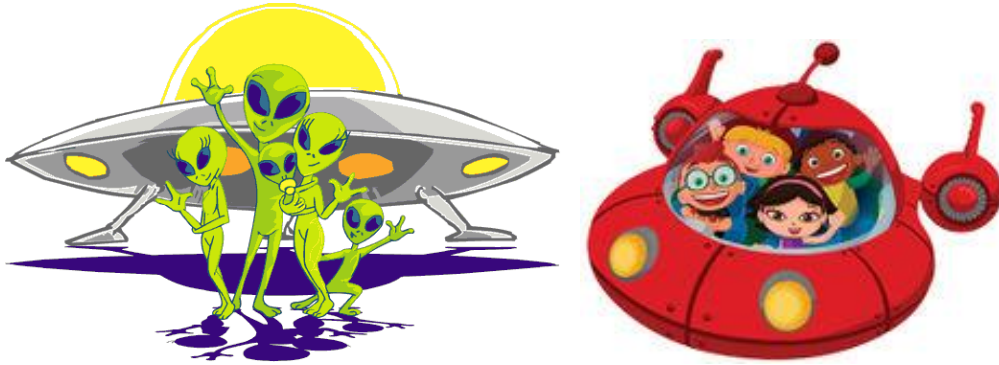


## A. Space Race



*In this game, each team is the crew of a spaceship that is in a space race. They have just landed on an alien planet and have to find fuel for their spaceships as quickly as possible so they can continue on the race.*

The objective of this game is to collect enough “fuel cells” (bean bags, shakers, crayons, etc.) and return them to the “tanks” (small hoops, ice cream containers or carpet squares) without touching the area outside the “spaceships” (hula hoops).

- Divide players up into teams of four to six, depending on group size.
- Assign each team a “home base” with five fuel tanks apiece.
- Scatter a total of five “fuel cells” for each team across the playing surface.
- Players can begin in either the centre of the playing surface, or at their team’s home base.
- To move across the playing surface, players must formulate a path using the hula hoops (three per team works well), gathering all team members within these safe spaces. A hoop can be moved only when there are no players currently inside it.
- Once the fuel sources have been collected, they must be placed on the tanks. Tossing the fuel cells is not allowed—the players must physically return to their home base.
- The team has completed their task when all their tanks have fuel cells (their spaceship is then fully refuelled). They could then all step inside their hula hoops and, carrying their fuel tanks with them, run to a designated point which marks the end of the space race.
- It is good to play a few times and to time the rounds to see if the teams can work together to beat their previous time.

## B. Ball Builders



- Divide players into groups of two or three. Assign one player on each team to be the holder, and the rest to be the builders.
- The objective is to see how many tennis balls the holder can hold on to at one time, without using their pockets or any other article of clothing.
- The balls cannot be touching anything aside from each other and the holder, and must be held for at least 10 seconds.
- Players are welcome to switch roles after a few attempts.

<https://www.kidactivities.net/41-fun-cooperative-games-for-kids/>

## C. Crossing the River



This game can be played with groups of two to five participants, depending on age group.

The objective is to move your entire group across the “river,” or playing surface (this can be as wide as you like, but 20-30 feet is standard).

To do this, players should line up beside each other, their feet touching their closest neighbours’.

In order to cross, they must move as a group without breaking this contact.

If a player’s feet lose contact with any other player’s, the entire team has to return to the starting line.

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## D. Shipwrecked



Divide players into teams of eight to 10 students apiece, and assign a large hoop to each team. This hoop will act as their “spaceship.” Blow a whistle to signify the beginning of play, at which time the players will begin racing with their ship toward the finish line. Note that all team members must be touching the ship at all times during this portion of play. When you call out “Shipwrecked,” the players all must set their ship down and attempt to get within the circle. The first team to get every player on board earns one point, and the first team to cross the finish line earns two points. The team with the most points is the winner of that particular “voyage.”

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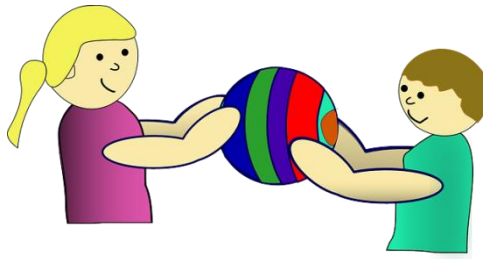
## E. Human Knot



To play this game, divide players into teams of six, and have each team form a circle. Instruct players to hold hands with two others (they can't hold both hands of the same player), making sure that no one's hands are joined with their closest neighbours'. Once this is done, signal that it's time for the “knot” to begin unravelling. All hands must remain joined until the team is standing in a circle, or in two intertwined circles. This can also be done by throwing a rope/string/yarn back and forth across a circle until everyone has caught one part. They must unravel it while keeping hold.

Adapted from <https://www.kidactivities.net/41-fun-cooperative-games-for-kids/>

## F. Group Juggle



Even students who aren't skilled at juggling on their own can be successful at this cooperative activity. To begin, split the class into teams of at least 5 (try to stick with odd-numbered teams). Have all players form a circle, facing one another. One player should then be given a ball, which he will throw to any team member who isn't standing directly to his right or left. The next player repeats this step, and so on and so forth, until the ball returns to the starting player. Once this happens, have the players attempt to pass the ball in the same sequence as before. Once a rhythm has been established, continue by adding more balls to the circle.

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## G. Group Juggle Name Game



*Good intro game for new groups.*

- Participants form a large circle facing each other. If you have a large group, break the circles so there are no more than 20 people in each.
- Throw in a soft ball to one person. They will throw it to someone else, but must say that person's name first. The ball goes around the group like that until a pattern starts. Once the group seems comfortable, throw in more balls to increase the difficulty.
- **Variation:** Add a question after the name for the receiver to answer as a way for the children to get to know each other better.

Adapted from <https://toggl.com/team-building-games/>

## H. Grab Bag Skits



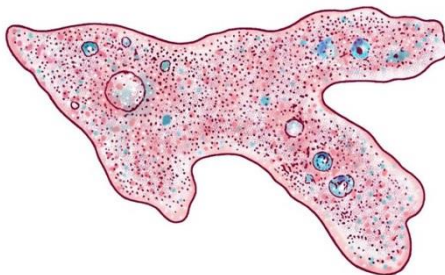
Acting and improv exercises can be a humorous and energizing way to bring your team together. Grab Bag Skits is a short activity in which teams of 3 to 8 select a paper bag. They don't know what is inside, but it is stuffed with unrelated and random objects.

Each team is given 10 minutes to put together a 2 to 3 minute skit that uses each of the items. Every person in the group must take on a speaking role. Encourage groups to be as creative as possible. For example, they can use an apple as a meteor or a paintbrush as a witch's broom.

Although some individuals may be more introverted, Grab Bag Skits can encourage them to get out of their comfort zone and connect with other participants.

<https://toggl.com/team-building-games/>

## I. Amoeba Advance



This game requires splitting the class up into two equal teams. Once you've done that, invite half the team to form a circle by joining their elbows, and have the rest of the team wedge themselves inside the circle. When both teams have formed their makeshift amoebas, blow a whistle to signify the start of play. The teams will then attempt to make it to the finish line without breaking up the group. If the amoeba should dissolve during the attempt, the team must repair itself before it can move forward.

<https://www.kidactivities.net/41-fun-cooperative-games-for-kids/>



## J. Balloon Bop



*Remember playing a game of catch and trying to see how many passes you could make without allowing the ball to hit the ground? This game has a similar objective, but it utilizes a balloon (or multiple balloons) and a larger group of people.*

- To begin the teacher should invite children to form a loose circle by holding hands.
- Drop a balloon (not helium-filled) into the middle of the circle, and ask students to count how many times they can “bop” it back into the air without breaking the circle.
- To do this, the students may use any part of their body except for their feet (knees are acceptable).
- The game is over when the balloon touches the floor or a student’s foot, or if any student lets go of their neighbour’s hand.
- This game is better suited to children at the upper grade-school level (say, third grade and up).
- To make it more challenging, add a second or third balloon.

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## K. Zoom



- Students are seated in a circle, and each one is handed a simple photograph. The images don't really matter, but try to keep them as basic as possible. You could also use random objects.
- To play, invite one of the students to begin telling a story, based on the image that he or she is holding.
- After one minute, say "freeze" and move on to the next student, who will then continue the story based on his or her own photograph, and so on.
- The greatest challenges will lie with the first student, who'll need to create a solid introduction; and the last one, who's responsible for the conclusion.

Adapted from <https://www.kidactivities.net/41-fun-cooperative-games-for-kids/>

## L. Balancing the Hula Hoop



The object of this game sounds straightforward: Teams of four or five work together to lower a hula hoop from about nose-height to the floor, using only the very tips of their fingers. As your students will come to learn, however, it's much more difficult than it looks.

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## M. Magic Cane



The magic cane game is a simple activity to see how teams communicate with each other and solve problems. The premise is that groups of 6 or 8 must lower a cane (garden stakes work well) or similar until it is lowered to the ground. Try to keep teams in even numbers.

It sounds like a simple task, but it is deceptively challenging. The group must create two lines on each side of the stick and face each other. With the stick lying horizontally in the middle, have each person put their index finger underneath it.

Groups must start with the stick at chest level of the tallest person. Everyone must be standing on their feet when you start. (Some may try to find a loophole in the rules by starting on their knees.) At first, people will likely lift the stick or set it off balance.

Remind the groups that every person's index finger must be in contact with the cane at all times. If it slips, they have to start from the beginning. They also can't curl their finger around the pole. It must sit there.

Every person is needed to complete the task, so members must work together and communicate. This reinforces the idea that everyone is equally important, valuable and necessary for the team to succeed.

<https://toggl.com/team-building-games/>



## N. Hula Hoop Hustle



Have each team form a circle by holding hands, with a single hula hoop in between two of them. Challenge them to move the hula hoop in a complete revolution without breaking the circle. They may do this by manouvering the hoop over their heads, under their feet, or by whatever means they can come up with, as long as they don't let go of one another's hands.

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## 0. Eye Contact

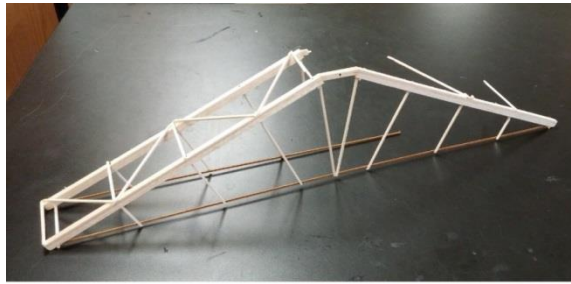


Eye Contact provides an excellent way to foster nonverbal communication skills. To play, choose 10 students for the first round (the others can watch in the meantime). Choose a single student to act as "Player One," and designate a "Go" signal (such as winking or raising eyebrows). Player One should then attempt to make eye contact with another participant. When they've succeeded, they should give the "go" signal, at which time the second player takes Player One's place in the circle to repeat the same process with another participant.

No verbal communication or hand signals are allowed during play. If a player breaks this rule, he or she is disqualified, and their place is taken by one of the observers. Once everyone in the round has made eye contact and give up their place in the circle, switch teams until all the observers have had a chance to play as well.

Adapted from: <https://www.kidactivities.net/41-fun-cooperative-games-for-kids/>

## P. Bridge Build



To tap into your team's creativity and communication skills, try bridge build. Divide into two different teams. Each must build half of a bridge with the materials provided. The goal is for the two bridges to have similar or identical design and be able to fit together when finished. The challenge is that the teams must be separated so that they can't see the other team or what they are building. But, they are allowed to communicate verbally.

You can give them anything as building materials including: dry noodles & marshmallows, straws, Lego, popsicle sticks or Jenga blocks. Depending on what you use, you may want to also supply them with tape, paper and pens.

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## Q. Electric Fence



In this activity, you create a hypothetical electric fence. Teams must cross over without touching it. The fence can be created by tying a rope or string to two chairs or other objects, as long as it is elevated to about waist-height. Members can't go under the fence and must be touching another member of the group with at least one hand at all times. This motivates people to brainstorm ideas, problem solve and put their proposed plans into action.

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## R. Blind Drawing



Blind Drawing is a team-building activity that can be done in pairs. All you need is pen, paper and something to press on such as a clipboard or book (or you can use a whiteboard marker, a mini whiteboard and an eraser). The two participants sit back to back. Only one person should have the drawing materials. The other is handed a picture (or draws a picture themselves), and must make sure that the other cannot see it. They describe the picture as carefully as possible while the other person attempts to draw it from the description. Then they swap roles. You can set a time limit (e.g. 3 - 5 minutes) for each turn to keep things moving and get all the pairs to finish at a similar time.

Everyone can be given a few minutes at the beginning of this activity to make their secret drawing to describe to their partner. These can then be folded in half until it is their turn to describe it.

It can be helpful for the teacher to have a picture prepared beforehand to first describe to the whole class. Each child can be given an A5 piece of paper to try to replicate the picture from the description. It pays for this picture to be relatively simple and somewhat quirky, e.g. an alien with three eyes. Alternatively, it could be an element/scene from the story.

### ***Variation:***

They are given 60 seconds to describe what is in the picture, by shapes and indirect descriptions. They can't say, "Draw a bee on a rose." But, they can say adjectives like, "Buzz, yellow and black, spring, blooming, etc." When the time ends, groups should compare their drawings. It can be comical to see how bad they usually turn out. The game can get people laughing and highlights how difficult giving instructions can be and how important it is to communicate clearly.

## T. Hole Tarp



You can do Hole Tarp with a circular tarp or plastic sheet and a few tennis balls. Your team stands around holding a piece of the tarp, which should have a hole cut in the middle. Then they begin to shake the tarp so that it moves around like a wave. Once it is moving, throw in a ball.

Everyone on your team has to keep moving to keep the ball rolling. If someone stops, the ball will drop.

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## U. Game of Possibilities



A great way to bring out your team's creativity and quick thinking is Game of Possibilities. To do the activity all you need is to gather a group of random objects.

You can use anything from a basketball or plastic bag to a hula hoop or scarf. In groups, each person is given an object and must demonstrate an alternative use for it.

Other group members must guess what function they are acting out. It is a fun way to boost team creativity and innovation.

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## V. Tied Up



In this activity, divide groups up into teams of 2 to 4. Form members into circles facing each other and use string or tape to tie their hands together. Then give them a task that they must complete together with their hands tied. A few examples of tasks that you can use are:

- Tie a ribbon.
- Draw a picture.
- Build a block tower.
- \* Write a note and put it in envelope.
- \* Fold a clothing item
- \* Move items/set a table

Because everyone's hands are tied, it will require the effort of each person to complete the task. The constraints can increase their creativity and push them to think outside-of-the-box.

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## W. Sneak a Peek



In this game, divide into multiple groups. One person from each group is selected to view a hidden object or sculpture. They only have 10 seconds at a time to peek at the sculpture and must relay the information that they see to the rest of their group. The group must try to recreate the sculpture based on the peek person's description.

Players must trust the team member to describe it accurately and listen to their instructions.

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## X. Swedish Storytelling



This is another activity that combines storytelling and teamwork but with a twist.

- People work in pairs or small teams of no more than four.
- One person is the storyteller while the others are the word givers.
- The word givers start off by giving a title or topic that the storyteller must start talking about.
- Then, as the story is being told, the word givers yell random words that storytellers must incorporate.
- The key is that the words should be unrelated to the topic to make it more challenging and interesting. For instance, in a story about, "Visiting the City," word givers should avoid relevant words like, "taxi", "skyscrapers", and "subway". Instead, they shout out unrelated words like, "coconuts", "T-Rex", "Big Foot", or "lumberjacks".
- Storytellers will be put on the spot and have to think fast. It drives them to actively listen to the words the other members say and insert them into the storyline.

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## Y. Slideshow

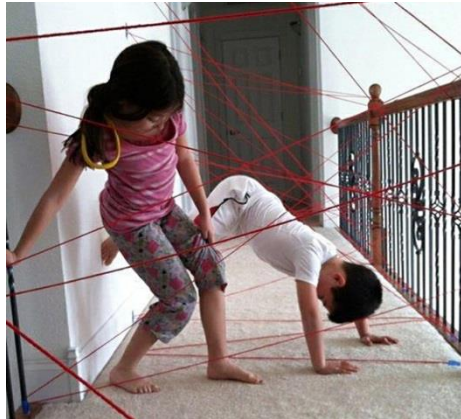


- One person presents a story that details a narrative, an adventure or a process. This can be anything from traveling through the jungle or navigating around a city to building a house or planning a large dinner party.
- This technique can be used to illustrate stories about the Faith with some members of the group as narrators and others as actors/statues.
- The other team members must act as the slide show or visuals for the presentation.
- With each section that the presenter says they must demonstrate the scene – either as a frozen scene or as a mime.
- Add in random props to make it more exciting.
- The Slideshow activity sparks creativity and pushes members to think on their feet. It also shows how they support each other throughout the process.



Adapted from <https://toggl.com/team-building-games/>

## Z. Spider Web



Do you remember all those spy movies with the intricate laser security systems people had to manoeuvre through? Spider Web is kind of like that. Create a maze of lines and shapes using string. Teams must cross the spider webs to reach the other side without touching the string or going in the same shapes as anyone before them.

The challenge gets harder as more people cross to the other side and requires everyone to remember and communicate with each other.

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## 27. Blind Minefield



It can be difficult for some to trust their team members or to rely on someone else to help them reach a goal. Some may think they have to do it on their own. Minefield is an activity designed to foster trust in teams.

You can do this inside or outside, but make sure to clear the area to avoid any accidents. Place “mines” or objects in an obstacle area. These can be anything from paper cups to cones, as long as they are soft with no rough edges. The member that is going through the field or obstacle area must be blindfolded. The other members of the team direct them through the minefield by giving them verbal instructions. If they hit an object, they must start over. The first team with all members across the minefield wins.

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# Balloon in Water



The balloon in water activity is a great way to see how your team solves problems together, particularly when faced with limited resources. Each group must immerse an inflated balloon in a bucket of water for a minimum of 5 seconds. They can only use the provided materials to complete the activity.

## Each group gets:

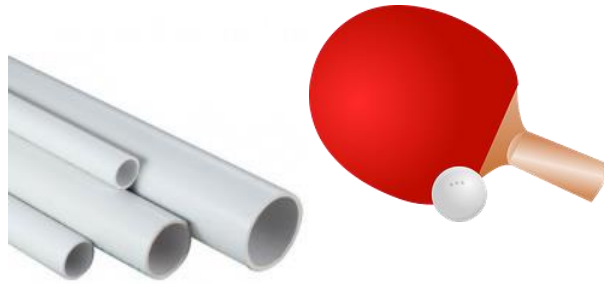
- Bucket of water
- Balloon
- Brick
- 5 disposable straws
- 5 paper clips
- 3 binder clips
- 1 plastic bag
- String (20cm)
- Tape (20cm)
- Scissors

The brick goes in the bottom of the bucket of water. Teams have a minute to strategize and flesh out their plan and only 5 minutes to do the activity.

## RULES:

Only the provided materials can be used during the challenge. The 3 binder clips and inflated balloon given to the team cannot be altered in any way. Before starting the activity, the team has one minute to plan and they have to plan without touching the materials. After planning, the team is given 5 minutes to execute their plan. The balloon must be fully immersed in the water before the 5 minutes is over. The balloon must remain immersed for at least 5 seconds, and the team must notify the trainer(s) when they are ready to be timed.

## 28. Leaky Pipe



This game can get a little messy, so it's recommended for outside only.

Leaky Pipe is a highly interactive activity that drives groups to work faster and more efficiently together.

### **Equipment:**

water, buckets, several cups, 2 pipes with holes drilled in them, and 2 ping pong balls.

To win, teams must retrieve a ping pong ball from the pipe by filling it up with water and floating the ball to the top.

Participants will need to work together using the cups to carry the water from the bucket to the pipe, relay race style with cups of water to fill it.

The pipe has holes drilled in it, so they will have to plug the holes as the water gets higher.

To complete the challenge, each team will receive a bucket of water (which is placed 10 metres away from the pipe) and several cups.

Remember to set a countdown, so they are racing against the clock.

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