



INTERACTIVE TEAM ACTIVITIES

Elm Communications believes that for your team to work well together they need to have some fun!

A easy way to do that is to incorporate team building activities into your normal routine.

The following are all activities we have run in our team building sessions and they are made to get people laughing, thinking or talking.

ICE BREAKERS

An icebreaker is an exercise you can use at the start of a meeting or workshop to help attendees feel more at ease and ready to participate. It is also a good opportunity for team members to get to know each other or learn new things quickly. Ice breakers should run from 5 - 30 minutes.

Here are some examples of ice breakers.

JUST ONE LIE

This method is an adaptation of the well-known icebreaker 'Two Truths and A Lie' to create an activity that can be run throughout the day. Participants mingle and ask questions from each other while noting the answers on post-its. But everyone includes one lie. Create a board or space for each person on the wall with interesting facts about them, among them, one lie. Throughout the meeting/workshop you can return to these boards for each participant read out information and ask other people to guess what the lie was. This is an ongoing get-to-know-you exercise that works with a small group (8-10 people max).

DIVERSITY BINGO

This game help participants to get information on each other in a fun, competitive way. Before the session, create a bingo card containing a grid of squares with a statement or question in each square that will apply to some members of your group. Give each player a bingo card. They mingle around introducing themselves and finding other participants who can sign their cards indicating that a statement applies to him/her. To avoid having people only talk to one or two people and filling up their card, limit the signatures they can give to 1 or 2 per card. At the end ask everyone to share something they learned about another person.

SPEED DATING ICEBREAKER

The goal of this game is to have a succession of very rapid conversations in an extremely short amount of time with as many people as possible. Have people sit in pairs. Determine the time limit (say 2 minutes for each conversation) and set a timer. When it starts, each pair has to start speed networking & find out as much information about the other as possible. You can also create some questions to get the conversation started. Each time the buzzer goes off, the pair has to split and find a new partner, again looking for people they know the least.

TEAM BUILDING

Team building activities help to build trust, understanding and relationships within a group of people who already know each other.

There are four main types of team building activities: Communication, problem solving and/or decision making, adaptability and/or planning, and trust building. Below is an example of each.

Communications activity: Drawing

My team used to love this one - everyone ended up in tears of laughter at the end product.

In this activity, the team has to instruct their “artist” to draw an item. They have to describe their chosen item without revealing what it is, and they are not able to see what the “artist” is drawing. At the end of the activity, the team whose drawing is closest to the actual item wins. This activity works best with teams of 4 – 5, with at least two teams.

Each team appoints a “viewer” and an “artist” the rest of the members are “communicators”. They spread in a relay line far enough apart that they can’t hear the person before them or the other teams.

The “viewer” from each team is shown a simple pre-drawn image. No one else can see the image.

They have to describe the image to the first ‘communicator’ who then has to run up to the next person and describe the image, and so on until the communicator reaches the artist.

The “artist” cannot ask any questions and can only draw based on the instructions given by their team.

Once everyone is finished all the drawings are revealed.



TEAM BUILDING

Problem solving: Human knot

Have everyone stand in a circle facing each other, shoulder to shoulder. Instruct everyone to put their right hand out and grab a random hand of someone across from them. Then, tell them to put their left hand out and grab another random hand from a different person across the circle. Within a set time limit, the group needs to untangle the knot of arms without releasing their hands. If the group is too large, make multiple smaller circles and have the separate groups compete.

Planning: Start, Stop, Keep, change

This is a good planning exercise for a team and can be done about a range of topics internal or external (processes, policies, projects) to the team. It is particularly good for resetting team goals. Break into smaller groups. Create a template or ask the group to fold a piece of A3 paper into quarters. Have start, stop, keep, change at the top of each quarter. Based on the topic answer:

- What new things do we need to do? Start.
- What's not working? Stop.
- What's working? Keep.
- What's ok but not working as well as it should? Change.

Get each group to share their answers with the whole team.

Trust: Pop Question

For this game, you won't need to separate your group into teams. Hand out one deflated balloon, a scrap of paper, and a pen to each person. Instruct each person to write a question on the paper, tuck it into the balloon, blow it up, and tie it.

Play a game of "Keep Up" with the balloons—toss the balloons around to each person, trying to make sure that they don't touch the ground. If a balloon falls to the floor, the person that missed it must pop the balloon and answer the question that's inside.

You can choose to guide participants toward more work-related questions – “What motivates you the most at work?”, “What's your favourite project that you've worked on?”, “What skill would you like to develop?” – or use the game as an opportunity to get to know each other on a more personal level.

ENERGISERS

If you are running a long meeting or a workshop and notice people are starting to drift away you can run an energiser exercise to get everyone focused again. Alternatively, these are a great way to start a team meeting.

LINE UP

This is a quick game where players have to form an orderly line without any discussion, or any verbal cues or help at all. The line is formed by a predetermined criteria (like height, or colour of each person's eyes etc.). The tasks can get more complicated the more familiar the group is. This exercise helps develop team collaboration and non-verbal communication.

HAVE YOU EVER? (STAND UP IF)

Prior to the workshop the facilitator prepares a list of questions which can only be answered with yes or no. These questions should begin with "Have you ever...?" or "Stand up if...". The facilitator reads out the questions or statements one by one. For each statement the participants stand up if they could answer the statement with yes. The questions should be designed to not be discriminatory, intimidating or insulting. Possible topics can be countries visited, dishes, games or sports tried, movies seen etc.

HUMAN ROCK PAPER SCISSORS

As a group, decide a full-body pose that will signify each element (e.g. Rock – each person of one group will bend down and hug their knees and curl into a ball so they look like a rock). After the poses are decided, break participants into two groups. For each round, each group will need to do one of the poses (everyone in each group will need to do the same pose). Each group will have 5 minutes to strategise. Once all of the groups have their poses ready, a facilitator will have the two groups face each other and count down (i.e. 3...2...1....SHOOT). On "SHOOT" each group will need to strike one of the three poses. Rock beats Scissors, Scissors beat Paper, and Paper beats Rock. Best out of 5 rounds wins.

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