

THE TEAM BUILDING *Activity Book*

2



30 *more* EASY-TO-TEACH
TEAM BUILDING ACTIVITIES



Venture Team Building

The Team Building Activity Book: 2

**30 *MORE* EASY-TO-TEACH
TEAM BUILDING ACTIVITIES**

SAMPLE



www.ventureteambuilding.co.uk

Produced for: Venture Team Building

Email: web@ventureteambuilding.co.uk

Website: www.ventureteambuilding.co.uk

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SAMPLE

Table of Contents

Introduction	2
Team Building Activities.....	4
Problem Solving.....	5
Bridge Build	5
Human Chain	7
Jigsaw Puzzle Pieces	9
Sneak Peak.....	11
Active	13
All Tied Up	13
Hole In Space	15
Radioactive Isotopes	17
Rope Knots	19
Toxic Waste	21
Water Carry	24
Blindfold	26
Blindfold Tent Build	26
Robots	28
Traverse an Obstacle Course	30
Quick	33
Back-to-Back Drawing.....	33
Birthday Line-Up.....	34
Bus Stop.....	35
Human Shapes.....	37
Move Tennis Balls.....	38
Trust Circle and Ladder.....	40
Willow in the Wind.....	41
Creative	43
Airship	43
Build a Big Structure	47
Create Your Own Activity	49
Dragon's Den	50
Egg Escape Rocket	52
Lights, Camera, Action.....	54
No-Man's Land	60
Tallest Tower	63
Team Shield	64
Video Scavenger Hunt	66
Contributors	68
About Venture Team Building	69

Challenge Learning Outcome Matrix

Challenge Name	Goal setting	Communication	Cooperation	Creative Thinking	Decision Making	Leadership	Problem Solving	Resilience/ Failure	Time management	Trust
Bridge Build		✓	✓	✓			✓			
Human Chain		✓	✓				✓	✓		
Jigsaw Puzzle Pieces		✓		✓		✓	✓			
Sneak A Peek		✓					✓			
All Tied Up	✓	✓	✓				✓			
Hole In Space		✓		✓		✓				✓
Radioactive Isotopes		✓				✓	✓			
Rope Knots Game		✓		✓			✓			
Toxic Waste		✓	✓		✓	✓	✓			
Water Carry	✓	✓				✓	✓			
Blindfold Tent Build		✓	✓			✓	✓		✓	
Robots		✓	✓				✓			✓
Obstacle Course		✓	✓							✓
Back-to-Back Drawing		✓	✓							✓
Birthday Line-Up		✓	✓			✓	✓			
Bus Stop		✓			✓					
Human Shapes			✓	✓	✓					✓
Move Tennis Balls		✓	✓			✓	✓			
Trust Fall		✓								✓
Willow in the Wind		✓	✓							✓
Airship		✓	✓	✓		✓	✓			
Build a Big Structure			✓	✓			✓		✓	
Create Your Own Activity		✓		✓		✓	✓		✓	
Dragon's Den		✓	✓	✓		✓			✓	
Egg Escape Rocket			✓	✓					✓	
Lights, Camera, Action		✓	✓	✓		✓			✓	
No-Man's Land			✓	✓		✓	✓		✓	

HUMAN CHAIN

ACTIVITY NOTES

Overview

Team members are spread out in a line, consisting of several sections. The first person is shown a picture by the facilitator and must then tell the next person what it is. This continues until the last person receives the description. They must then attempt to recreate the picture. The aim is to try and match the original picture shown by the facilitator. This is a much bigger version of Chinese whispers, similar to Memory Lane.

Equipment Required: Paper, pens, cones and clipboards

Space Required: Large. Delivered indoors or outdoors.

Group Size: 8 to 16 ideally (if you have larger groups split them into smaller sub-groups)

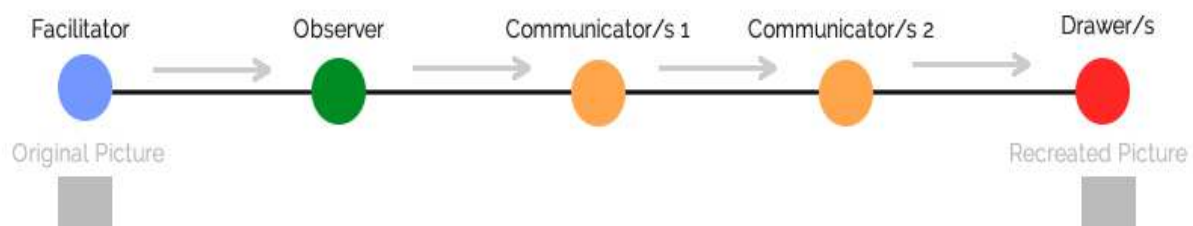
Total Time: 25 - 40 minutes

- 5 minutes to brief and set up
- 15 - 30 minutes for challenge
- 5 minutes to review and debrief

Instructions

Split participants into teams of up to eight. Each team of participants is divided into pairs. Each pair is then given a role within the team:

1. Observers
2. Communicator/s (for larger groups increase the number of pairs)
3. Drawers



Spread the teams apart in multiple linear sections laid out with cones. Ensure these sections are a fair distance from each other (aim for 20 metre if possible).

To begin the challenge, you must draw a simple picture. The team observers are then given a period of time to observe before running to the first section and communicator/s to describe the picture. The first set of communicators then run to the second section and pass

on the information to the second set of communicators. They in turn, run to the drawers who after listening carefully then try to recreate and match the picture drawn by the facilitator.

Tips and guidance

Start by drawing a memorable picture e.g. a house with three windows and make the next round harder e.g. a series of geometric shapes. You can also search the internet for images and print these off for the group to recreate e.g. type 'simple house drawing' into your search engine and use image preview to identify a suitable image.

To increase the difficulty of the challenge, increase the number of sections (communicators) you have or give the team a set time limit to complete the challenge.

If you have more than eight participants you have two options: you can increase the number of sections (communicators) or split the team into two or more groups. When working with two or more groups, start them off at the same time and show each team's observers the same image. The team that comes closest to matching the original image wins the challenge.

When reviewing, discuss with the group the different forms of communication used such as verbal and listening and their importance. Also talk about what the team found frustrating and how they dealt with this.

Learning Outcomes

- Problem solving
- Communication (verbal, non-verbal and listening skills)
- Cooperation
- Resilience

Suggested Review Questions

- Did you have a plan before starting the challenge? Why was this important?
- Did your plan work?
- Did you get frustrated at all during the challenge? How did you deal with this?
- Did you communicate effectively from the start? How did you manage this?
- How did you work as a team? What did you do well?
- What did you learn from this exercise?

ROBOTS

ACTIVITY NOTES

Overview

The objective of this blindfold activity is for smaller sub-teams to work together and communicate effectively to retrieve a bomb before the other teams. This fun challenge focuses on communication and cooperation.

Equipment Required: Rope to mark start line, blindfold for each team and a 'bomb' e.g. a mini football.

Space Required: Medium to Large. Indoors or outdoors.

Group Size: 6 to 12 but can be done with larger groups (rotating roles).

Total Time: 30 minutes

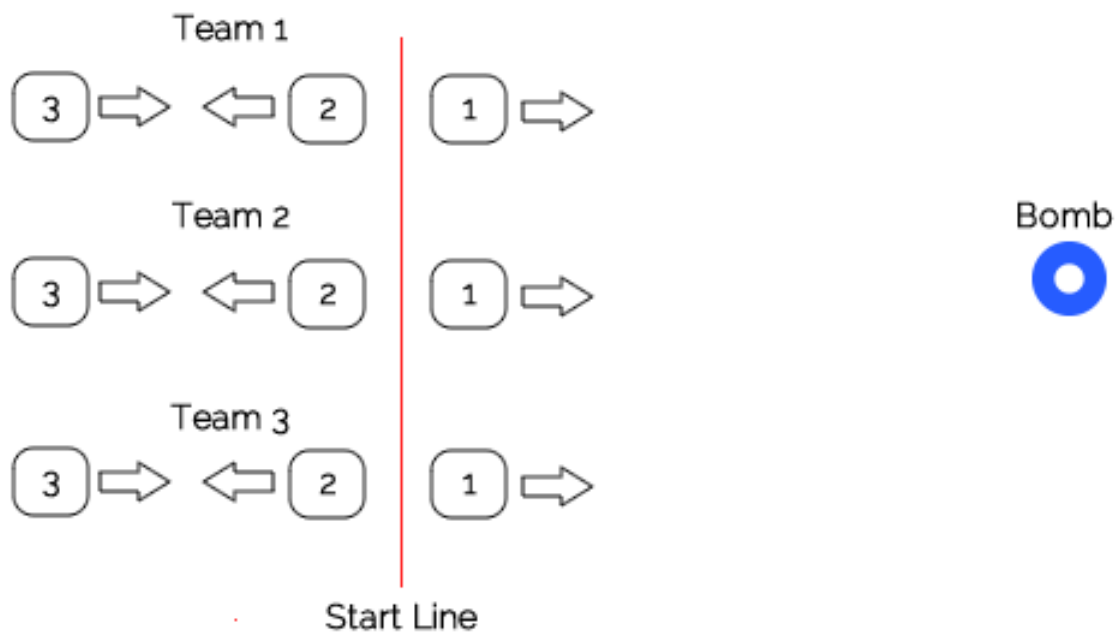
- 5 minutes to brief and set up
- 20 minutes for team activity (rotate team roles)
- 5 minutes to review and debrief

Instructions

Split the group into smaller sub-teams of 3 - 5 people. There are 3 key roles in each team. The first participant is the 'Robot'. They stand blindfolded in front of the start line, facing out into the game area. Position the second participant on the other side of the starting line facing away from the activity area. They are the 'Communicator'. The third participant stands facing the activity area and observes the Robot. This participant must not talk – they may use any other communication method to indicate direction to Participant #2. Participant #2 must then verbalise these signals and guide the robot to retrieve the bomb.

If there are more than 3 in a team, either rotate them between roles or assign extra observers and communicators. The objective of the challenge is for Robots to retrieve the 'bomb' from the activity area before the other teams.

1. Robot – blindfolded, facing bomb, only participant permitted in the activity area.
2. Communicator – faces away from activity area, must NEVER observe the robot.
3. Observer – faces activity area, cannot talk at all



Learning Outcomes

- Problem Solving
- Communication (verbal, non-verbal and listening)
- Cooperation
- Trust

Useful Tips

If you're working with smaller teams, then just have one team instead of several competing against each other. Allocate 3 minutes to complete one round of the challenge, then rotate so everyone has the opportunity to be a Robot.

Think about your positioning when observing the activity – ensure you have full view of all Robots for safety and you are able to stop any of them if they step out of the activity area.

Suggested Review Questions

- Did you come up with a strategy before starting the challenge?
- Did you adapt your game plan?
- How did you feel being blindfolded? Did you always trust your communicators?
- How difficult was it to communicate your signals without having to speak?
- How difficult was it to understand those signals and translate them for the robot?
- Did you get frustrated at any point?
- Looking back, is there anything you would do differently?

MOVE TENNIS BALLS

ACTIVITY NOTES

Overview

The team races against the clock to retrieve and move as many tennis balls from one bucket to another, without using their hands or arms.

Time: 15 minutes

- 2 minutes for task introduction
- 3 minutes to discuss and plan
- 5 minutes to move tennis balls
- 5 minutes to review and debrief

Space required: Medium. Indoors or Outdoors.

Resources:

- 1 roll of masking tape (or use cones)
- 1 metre stick
- 1 bucket of tennis balls
- 1 empty bucket

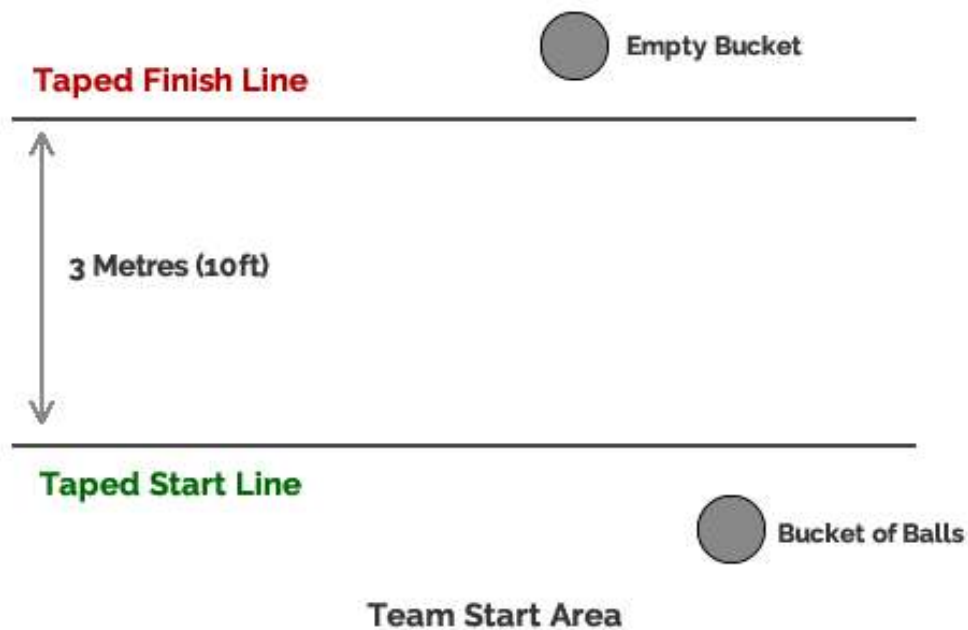
Set Up

Tape a start line on the floor. Tape and finish line on the floor about 3 metres (10ft) away. Place the bucket of balls at the start line and assemble the team near the bucket. Set the empty bucket across the finish line.

Instructions

Near the starting point is a bucket of tennis balls. The team has five minutes to move as many of the balls as possible from the bucket into the empty bucket across the finish line. Teams must designate one person who can touch the tennis balls. The chosen person may not cross the start line at any time during the challenge.

The remaining team members must move the tennis balls to the finish line without touching the balls with their hands or arms at any time. Team members – other than the person assigned the job – who touch a tennis ball with their hands or arms once they have started the challenge must leave the game and watch from the side.



Scoring

Award the team one point for every tennis ball that is moved and placed in the empty bucket. If all balls are moved from the start bucket to the finish bucket in the allotted time, award an additional 10 bonus points.

Learning Objectives

- Communication
- Cooperation
- Problem Solving
- Leadership

Suggested Review Questions

- Why was it important you planned before attempting the challenge?
- How did you discuss different ideas? Did everyone have opportunity to share their ideas?
- How difficult did you find it without using your hands and arms? Did this obstacle force you to think differently?
- Did you support each other during the challenge?
- How well do you feel you worked as a team? What could you improve?
- Did you designate a leader for the challenge? What makes a good leader?
- Did your plan work? If not, why not? How did you respond to this?
- How do you ensure that everyone understands the team strategy?
- What would you do differently next time?
- Looking back on the challenge, what is the one thing you can take away from it?