

**TEAM BUILDING** ACTIVITIES FOR YOUNGER CHILDREN

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**TEAM BUILDING** ACTIVITIES FOR ADULTS



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## TEAM BUILDING ACTIVITIES FOR YOUNGER CHILDREN

1. **Scavenger Hunt** - Set up a scavenger hunt with clues and riddles for children to solve together as a team.
2. **The Human Knot** - Children stand in a circle, holding hands with someone across from them, and then try to untangle the knot without letting go of each other's hands.
3. **Marshmallow Challenge** - Teams compete to build the tallest structure possible using only spaghetti, tape, and marshmallows.
4. **Balloon Relay Race** - Children are divided into teams and must pass a balloon between their legs, without using their hands, and race to the finish line.
5. **Obstacle Course** - Set up an obstacle course with hula hoops, cones, and other materials for children to navigate together.
6. **Egg Drop Challenge** - Teams are given materials such as straws, paper, and tape to create a container that will protect an egg from cracking when dropped from a height.
7. **Blindfolded Obstacle Course** - One child is blindfolded and must be guided through an obstacle course by their teammates using only verbal instructions.
8. **Tug of War** - Divide children into two teams and have them compete in a classic tug of war game.
9. **Simon Says** - Play a game of Simon Says, where children must follow the leader's commands or be eliminated.
10. **Group Juggling** - Children work together in a circle to juggle a ball or beanbag between them, trying to keep it in the air for as long as possible.
11. **Paint Together** - Encourage children to work together to create a mural or painting, with each child contributing their own ideas and talents.
12. **Beanbag Toss** - Set up a beanbag toss game where children work in pairs to try and get the beanbag into a target.
13. **Tower Building** - Children can use blocks or other materials to build a tower together, seeing how high they can make it before it falls.
14. **Group Storytelling** - Children take turns adding to a story, building on each other's ideas and creating a collaborative narrative.
15. **Paper Airplane Contest** - Children fold and decorate paper airplanes, then see whose plane can fly the farthest.
16. **Freeze Dance** - Play music and have children dance, but when the music stops, they must freeze. The last child still moving is out.
17. **Trust Walk** - One child is blindfolded and must be guided by a teammate through an obstacle course, building trust and communication skills.
18. **Three-Legged Race** - Children are paired up and must race while their legs are tied together.

19. **Water Balloon Toss** - Children work in pairs, tossing a water balloon back and forth, taking a step back after each successful toss.
20. **Team Relay Races** - Divide children into teams and have them race through a series of relay stations, such as jumping jacks or hopping on one foot.
21. **Letter Game** - Children take turns saying a word that starts with the next letter of the alphabet, building on each other's words to create a collaborative list.
22. **Beach Ball Volleyball** - Children use a beach ball to play a low-impact game of volleyball.
23. **Sack Race** - Children race while jumping in potato sacks or pillowcases.
24. **Tower of Cups** - Children work together to build a tower out of cups, seeing how high they can make it before it falls.
25. **Memory Game** - Children take turns saying a word or phrase, and the next child must
26. **Group Drawing** - Children take turns adding to a drawing, with each child contributing a different element.
27. **Animal Charades** - Children act out different animals while the other children try to guess what animal they are.
28. **Group Singing** - Children can sing together, with each child contributing their own unique voice.
29. **Human Pyramid** - Children work together to build a human pyramid, with each child supporting the others.
30. **Musical Chairs** - Play musical chairs, with children competing to sit in a chair when the music stops.
31. **Pictionary** - Children take turns drawing pictures while the other children guess what they are drawing.
32. **Water Relay** - Children work in teams, passing cups of water down a line to see which team can fill a bucket first.
33. **Red Light, Green Light** - One child is "it" and calls out "red light" or "green light," and the other children must stop or go depending on the command.
34. **Duck, Duck, Goose** - Children sit in a circle, and one child goes around tapping each child on the head, saying "duck." When they tap someone and say "goose," that child must chase them around the circle.
35. **Group Hula Hoop** - Children work together to keep a hula hoop moving around a circle, with each child taking turns.
36. **Blindfolded Drawing** - One child is blindfolded and must be guided by a teammate to draw a picture, building trust and communication skills.
37. **Cup Stacking** - Children work together to stack cups into a pyramid, seeing how high they can make it before it falls.
38. **Scavenger Hunt Relay** - Divide children into teams and have them race

39. **Bubble Wrap Stomp** - Give each child a section of bubble wrap and have them stomp on it to pop the bubbles. The first team to pop all their bubbles wins.
40. **Limbo Contest** - Play music and have children take turns limboing under a pole, which is lowered after each round.
41. **Animal Sounds** - Children take turns making animal sounds, and the other children have to guess what animal they are imitating.
42. **Balloon Rockets** - Tie a balloon to a string and have children race to blow up the balloon until it flies down the string.
43. **Dance Party** - Play music and have children dance in a silly manner, such as doing the chicken dance or the robot.
44. **Cupcake Decorating** - Give each child a plain cupcake and various toppings, and have them work together to decorate the cupcakes in the silliest way possible.
45. **Egg Relay** - Children race while carrying an egg on a spoon, passing it off to their teammate without dropping it.
46. **Pin the Tail on the Donkey** - Blindfold one child and have them try to pin the tail on a picture of a donkey while their teammates give them directions.
47. **Marshmallow Spaghetti Tower** - Give children spaghetti and marshmallows and have them work together to build the tallest tower they can.
48. **Simon Says with Silly Actions** - Play a game of Simon Says, but have the leader give silly actions to follow, such as doing the chicken dance or pretending to be a robot.

## **TEAM BUILDING ACTIVITIES FOR OLDER CHILDREN**

1. **Escape Room Challenge** - Split the group into teams and have them work together to solve puzzles and escape the room before time runs out.
2. **Human Knot Challenge** - Have the group stand in a circle and hold hands with someone across from them. They must then work together to untangle the knot without letting go of each other's hands.
3. **Trust Fall Challenge** - Have one person fall backwards and trust their teammates to catch them.
4. **Blindfolded Obstacle Course** - One member of the team is blindfolded and must be guided through an obstacle course by their teammates using only verbal instructions.
5. **Marshmallow Challenge** - Teams must build the tallest structure possible using only spaghetti, tape, and marshmallows.
6. **Scavenger Hunt** - Set up a scavenger hunt with clues and riddles for teams to solve together.
7. **Tower Building Challenge** - Teams must build a tower as tall as possible using only newspapers and tape.
8. **Group Puzzle Challenge** - Provide a large puzzle and have the group work together to complete it within a certain time frame.

9. **Mine Field Challenge** - Place objects on the ground and have the team work together to navigate through the "minefield" without touching any of the objects.
10. **Egg Drop Challenge** - Teams are given materials such as straws, paper, and tape to create a container that will protect an egg from cracking when dropped from a height.
11. **Group Drawing Challenge** - Have the team work together to create a large drawing or mural with each member contributing a different element.
12. **Obstacle Course Challenge** - Set up a challenging obstacle course for the team to navigate together.
13. **Group Juggling Challenge** - Have the team work together in a circle to juggle a ball or beanbag between them, trying to keep it in the air for as long as possible.
14. **Trust Walk Challenge** - One person is blindfolded and must be guided through a course by their teammates using only verbal instructions.
15. **Human Machine Challenge** - Have the team work together to create a "machine" using their bodies, with each member representing a different part.
16. **Team Trivia Challenge** - Divide the class into teams and host a trivia contest with questions related to the class or subject matter.
17. **Collaborative Art Project** - Work as a team to create a large mural or collage, with each student contributing their own unique ideas and artistic style.
18. **Group Debate** - Divide the class into teams and host a debate on a relevant topic, encouraging students to work together to construct well-researched arguments.
19. **Peer Review Sessions** - Have students work in pairs or small groups to review each other's work and provide constructive feedback.
20. **Classroom Clean-Up** - Assign each team a section of the classroom to clean and organize, with the goal of creating a tidy and welcoming learning environment.
21. **Mock Trial** - Divide the class into prosecution and defense teams, and have them work together to build a case and argue in a mock trial.
22. **Classroom Scavenger Hunt** - Create a scavenger hunt with clues and riddles related to the class or subject matter, encouraging students to work together to solve puzzles and learn new information.
23. **Group Research Projects** - Assign students to work in groups to research a topic related to the class or subject matter, and present their findings to the class.
24. **Escape Room Challenge** - Create an escape room experience in the classroom, where students must work together to solve puzzles and escape within a set time limit.
25. **Group Writing Projects** - Assign groups of students to write and edit a collaborative story, essay, or research paper, with each student contributing their own ideas and writing style.
26. **Reverse Charades** - In this game, one person is chosen to guess while the rest of the team acts out a word or phrase without speaking. It's a fun twist on the classic game and encourages creativity and collaboration.

27. **Group Art Project** - Encourage children to work together on a collaborative art project, such as a mural or sculpture. This activity promotes teamwork, communication, and creativity.
28. **Trust Fall** - This activity involves one child falling backward and trusting their team to catch them. It promotes trust, communication, and teamwork.
29. **Improv Games** - Improv games, such as "Yes, And..." or "Storytelling Circle," are a fun way to encourage children to work together, be creative, and think on their feet.
30. **Tower Building Challenge** - In this activity, children work in teams to build a tower out of everyday items, such as paper cups or popsicle sticks. It promotes problem-solving, teamwork, and creativity.
31. **Scavenger Hunt** - A scavenger hunt is a fun way to encourage children to work together, problem-solve, and think critically. You can create clues and riddles that lead to a final treasure, or have children search for specific items around the school.
32. **Battle of the Bands** - This activity involves children forming bands and competing against each other in a musical contest. It encourages teamwork, creativity, and communication.
33. **Minute-to-Win-It Games** - Minute-to-Win-It games, such as "Cookie Face" or "Suck it Up," are a fun way to promote teamwork, communication, and problem-solving skills.
34. **Escape Room Challenge** - An escape room challenge involves children working together to solve puzzles and escape from a locked room. It requires teamwork, communication, and critical thinking skills.
35. **Wacky relay race** - Set up a relay race with silly challenges such as running backwards, hopping on one foot, and crawling like a crab.
36. **Funny face drawing** - Have children pair up and take turns drawing funny faces on a piece of paper, without looking at what their partner is drawing.
37. **Human knot with a twist** - Play the classic human knot game, but add a silly twist by having each person take on a different character or accent as they try to untangle themselves.
38. **Group improv** - Have children work together to create a silly skit or story, with each person contributing a line or action.
39. **Costume relay** - Divide children into teams and have them race to put on a set of silly costumes, such as oversized hats or fake moustaches.
40. **Balloon animal challenge** - Provide children with balloons and challenge them to create their own silly balloon animals.
41. **Toilet paper fashion show** - Divide children into teams and challenge them to create the most outrageous fashion design using only toilet paper.
42. **Crazy hair day** - Have a themed day where children can come to school with the craziest hairstyles they can think of, with prizes for the most creative.
43. **Food sculpture contest** - Provide children with a variety of food items and challenge them to create a silly sculpture or design using the food.

44. **Silly Olympics** - Create a set of silly challenges such as crab walking, potato sack races, and hula hoop competitions, and have children compete in their own mini Olympics.
45. **Trust Fall** - One person stands on a raised platform or chair and falls backward, trusting their teammates to catch them.
46. **Minefield** - Create a "minefield" using objects like cones, balls, or other items. Blindfolded participants must navigate the minefield with guidance from their teammates.
47. **Name Game** - Have everyone in the group stand in a circle and say their name, along with an adjective that starts with the same letter as their name (e.g. "Hi, I'm Friendly Fred").
48. **Reverse Charades** - Instead of one person acting out a word or phrase, have everyone else act it out and have one person guess.
49. **Blind Drawing** - One person is blindfolded and must draw a picture based on verbal instructions from their teammates.
50. **Tower Building Challenge** - Using materials like marshmallows and spaghetti, teams must build the tallest and strongest tower they can.
51. **Brain Teasers** - Solve puzzles and riddles as a team to exercise critical thinking and problem-solving skills.
52. **Escape Room** - Work together to solve clues and puzzles in order to escape a themed room before time runs out.
53. **Group Story Writing** - Start a story with one sentence and have each person in the group add one sentence at a time, building a collaborative story.
54. **The Perfect Square** - Instruct participants to stand in a circle and hold hands. Without breaking the circle, everyone must move and adjust until they form a perfect square.
55. **Marshmallow Challenge** - Teams compete to build the tallest structure possible using only spaghetti, tape, and marshmallows.
56. **Blindfolded Obstacle Course** - One person is blindfolded and must be guided through an obstacle course by their teammates using only verbal instructions.
57. **Egg Drop Challenge** - Teams are given materials such as straws, paper, and tape to create a container that will protect an egg from cracking when dropped from a height.
58. **Team Trivia** - Create a trivia game that focuses on the group's interests, experiences, and knowledge.

## **TEAM BUILDING ACTIVITIES FOR ADULTS**

1. **Trust Walk** - Blindfolded team members are guided through a course by their teammates, building trust and communication skills.
2. **Minefield** - Set up an obstacle course with "mines" (e.g. cones) and have one team member guide another through the course without touching any of the mines.

3. **Human Knot** - Team members stand in a circle and hold hands with someone across from them, then try to untangle the knot without letting go.
4. **Blind Drawing** - One team member is blindfolded and must be guided by their teammate to draw a picture, building trust and communication skills.
5. **Two Truths and a Lie** - Each team member shares three statements about themselves, two of which are true and one which is false. The other team members must guess which statement is false.
6. **Scavenger Hunt** - Set up a scavenger hunt with clues and riddles for teams to solve together.
7. **Tower Building** - Teams compete to build the tallest structure possible using only spaghetti, tape, and marshmallows.
8. **Egg Drop Challenge** - Teams are given materials such as straws, paper, and tape to create a container that will protect an egg from cracking when dropped from a height.
9. **Escape Room** - Teams must work together to solve puzzles and escape the room before time runs out.
10. **Team Trivia** - Set up a trivia game with questions related to the company or industry, encouraging team members to work together to answer the questions.
11. **Corporate Olympics** - Set up a series of physical challenges, such as relay races or tug of war, to promote teamwork and healthy competition.
12. **Community Service** - Plan a day of volunteering for the team, such as working at a food bank or cleaning up a local park.
13. **Improv Games** - Play improvisation games such as "Yes, and" or "Questions Only" to encourage creativity and collaboration.
14. **Group Painting** - Encourage team members to work together to create a mural or painting, with each member contributing their own ideas and talents.
15. **Communication Exercises** - Practice communication skills with exercises such as "telephone" (passing a message from one person to the next) or "mirror" (mirroring each other's movements).
16. **Appreciation Circles** - Set up small groups where each team member takes turns sharing something they appreciate about each of their teammates.
17. **Role-Playing** - Practice different scenarios and situations, such as conflict resolution or customer service, through role-playing exercises.
18. **Group Mind Mapping** - Encourage team members to brainstorm ideas and solutions together by creating a mind map on a whiteboard or flip chart.
19. **Leadership Development** - Provide training and development opportunities for team members to build leadership skills and encourage collaboration.
20. **Mentoring Program** - Set up a mentoring program where team members can learn from each other and share their knowledge and experiences.
21. **GPS Treasure Hunt** - In teams, participants use GPS-enabled devices to navigate through an outdoor area and find hidden clues and challenges.

22. **Adventure Course** - Participants navigate through a challenging course consisting of high ropes, zip lines, and obstacles.
23. **Kayaking/Canoeing** - Participants work in pairs to paddle through a course on the water, building communication and teamwork skills.
24. **Rock Climbing** - In teams, participants take turns scaling a rock climbing wall, relying on their teammates to support and belay them.
25. **Nature Hike** - Participants explore a natural area while completing challenges and team-building exercises along the way.
26. **Survival Skills Training** - Participants learn and practice survival skills such as fire building, shelter construction, and orienteering.
27. **Beach Olympics** - Teams compete in a series of beach-themed challenges such as sandcastle building, beach volleyball, and tug of war.
28. **Raft Building Challenge** - Participants work in teams to build a raft using limited materials and then race their rafts across a body of water.
29. **Orienteering Challenge** - Participants use maps and compasses to navigate through a course in the great outdoors.
30. **Geocaching** - Participants use GPS-enabled devices to search for hidden geocaches and solve puzzles along the way.
31. **Camping Trip** - Participants work together to set up camp, cook meals, and complete outdoor activities such as hiking and fishing.
32. **Outdoor Cooking Challenge** - Participants work in teams to cook a meal using outdoor cooking methods and limited ingredients.
33. **Beach Clean-Up** - Participants work together to clean up a section of beach, promoting teamwork and environmental stewardship.
34. **High-Intensity Interval Training (HIIT) Workout** - Participants work together to complete a challenging outdoor workout circuit.
35. **Archery** - Participants learn and practice archery skills in a friendly team-based competition.
36. **Outdoor Photography Challenge** - Participants work in teams to take creative outdoor photographs based on a set of guidelines.
37. **Survival Challenge** - Participants must work together to survive in the wilderness, completing challenges such as building shelter, finding food and water, and starting a fire.
38. **Beach Volleyball Tournament** - Teams compete in a fun and friendly beach volleyball tournament.
39. **Outdoor Movie Night** - Participants enjoy an outdoor movie night together, with team-building activities and games before the movie.
40. **Egg Roulette** - Each team member selects an egg from a carton of eggs, some of which are hard-boiled and some of which are raw. They then take turns smashing the egg against their forehead, hoping they don't get a raw one!

41. **Chubby Bunny Challenge** - See which team can fit the most marshmallows in their mouth and still say "Chubby Bunny" clearly.
42. **Group Juggle** - Adults work together in a circle to juggle multiple balls or beanbags between them, trying to keep them in the air for as long as possible.
43. **Blindfolded Obstacle Course** - One person on each team is blindfolded, and their team members guide them through a simple obstacle course using only verbal instructions.
44. **Crazy Hair Day** - Teams must style each other's hair in the most outrageous way possible, using only materials provided (such as pipe cleaners, pom poms, and gel).
45. **Human Tic-Tac-Toe** - Teams use themselves as game pieces to play a giant game of tic-tac-toe.
46. **Office Olympics** - Create a series of challenges inspired by the Olympics, such as paper clip javelin throwing, rubber band archery, and coffee cup relay races.
47. **The Marshmallow Challenge** - Adults compete to build the tallest structure possible using only spaghetti, tape, and marshmallows.
48. **Two Truths and a Lie** - Each team member shares two true statements and one lie about themselves, and the rest of the team must guess which statement is the lie.
49. **Tug of War** - Divide adults into two teams and have them compete in a classic tug of war game.
50. **The Alphabet Game** - Teams must take turns naming something within a category that begins with the next letter of the alphabet.
51. **Scavenger Hunt** - Set up a scavenger hunt with clues and riddles for teams to solve together.
52. **Office Karaoke** - Teams must perform a song together, complete with dance moves and costumes.
53. **Water Balloon Toss** - Adults work in pairs, tossing a water balloon back and forth, taking a step back after each successful toss.
54. **Lip Sync Battle** - Each team must perform a lip sync to a popular song, complete with costumes and choreography.
55. **Balloon Animals** - Each team must create as many balloon animals as possible in a set amount of time.
56. **Human Tower Building** - Teams must build a tower using their bodies as the building blocks.
57. **Bob Ross Painting Challenge** - Teams must follow along with a Bob Ross painting tutorial and try to create their own masterpiece.
58. **Adult Spelling Bee** - Teams must work together to spell out difficult words, with each team member taking turns contributing to the spelling.
59. **Blind Drawing**: One person is given a picture or an object, and they must describe it to the team without saying what it is. The team then has to draw the picture or create the object based on the description

60. **Office Trivia:** Create a trivia game based on your company or industry. It's a fun way to get people talking and learning more about each other.
61. **Blindfolded Food Tasting:** Blindfold team members and have them try different foods. The team must guess what they are eating, and it's a great way to encourage communication and teamwork.
62. **Role-Playing:** Create a scenario that the team must act out, such as a difficult customer service situation. This helps to develop problem-solving and communication skills.
63. **Office Olympics:** Create a series of physical challenges around the office, such as an obstacle course or relay race. This helps to build teamwork and morale.
64. **Escape Room: Visit** an escape room with your team and work together to solve the puzzles and escape before time runs out. This helps to build problem-solving and communication skills.
65. **Board Game Tournament:** Set up a tournament with board games or card games. This helps to encourage teamwork and friendly competition.
66. **Trust Walk:** Have team members pair up, with one person blindfolded. The other person must guide them through an obstacle course, building trust and communication skills.
67. **Improv Games:** Play improv games such as "Yes, and..." or "Whose Line Is It Anyway?" This helps to build creativity and teamwork.
68. **Karaoke Night:** Host a karaoke night or singing competition. This helps to build morale and teamwork.
69. **Reverse Charades:** Instead of one person acting out a word, the entire team acts out the word while one person guesses. This helps to build communication and teamwork.
70. **Office Olympics:** Create a series of physical challenges around the office, such as an obstacle course or relay race. This helps to build teamwork and morale.
71. **Puzzle Challenge:** Have teams race to complete a jigsaw puzzle. This helps to build teamwork and problem-solving skills.
72. **Cook-Off:** Host a cook-off challenge where teams have to create a meal together. This helps to build communication and teamwork.
73. **Trust Falls:** One team member falls backward into the arms of their teammates. This helps to build trust and communication.
74. **Laser Tag:** Play laser tag as a team. This helps to build teamwork and strategy.
75. **Team-Building Retreat:** Host a retreat for the team where they can participate in various team-building activities, such as hiking or ropes courses. This helps to build teamwork and morale.
76. **Mindfulness Activities:** Host a meditation or yoga session for the team. This helps to build mindfulness and reduce stress.
77. **Coin Logo:** Each team is given a coin and must create a logo that represents their company or team using only the coin and other office supplies.

78. **Minute to Win It:** Set a timer for one minute and challenge teams to complete a specific task, such as building a tower out of paper cups.
79. **Puzzle Challenge:** Teams are given a puzzle to complete, but the pieces are mixed up between teams. The first team to complete their puzzle wins.
80. **Personality Test:** Have team members take a personality test and discuss the results as a group.
81. **Word Association:** One team member says a word, and the next team member has to say a word associated with it. Keep going until you reach a designated time or word count.
82. **Who Said That:** Create a list of quotes from company leaders or famous businesspeople, and have teams guess who said each quote.