

EXERCISES

Team Norms

Set guidelines for the group by stating rules and expectations of each team member.

Another variation is having each member of a team share what they need from their team members and what their pet peeves are. Understanding these can help a team collaborate more effectively.

Knotted Up

Standing in a circle, group members reach across and grab other participant's hands. The group then tries to unravel the "human knot" by untangling themselves without letting go of each other's hands. Group members cannot grab a hand of the person that is on either side of them.

Flip The Blanket

Have a team stand on a blanket. The goal of the activity is to flip the blanket over, while keeping one foot on the blanket at all times. Have the teamwork together to achieve this goal.

Search It

To find more team building activities, use the Internet. There are a lot of ideas and effective activities to help grow as a team. Search Team Building Ideas or Activities. Think about group size and how well your team knows each other when selecting activities.