**TEAM BUILDING ACTIVITIES**

**Human Knot**

Everyone stands in a close circle - puts both hands out - and randomly grabs hold of someone else's hand, creating a massive knot!

Without letting go of hands, the group should try to untangle itself...

**Travelling Teams**

Working as a team and building trust within that team go hand in hand. Best done in

a large room or outside, this exercise requires teens to rely on others to guide them

through an obstacle course. Working in teams of three, students take turns being a

blindfolded "Traveller" who is guided through the course by the other two teammates

while building a story.

**Talent Chairs**

In a fashion similar to 'Musical Chairs,' students discover talents and qualities of others.

The leader, who doesn't have a chair, calls out a quality using a formatted statement. All

participants who possess this quality must get up from their chairs and find a different

chair to sit in. The leader will find a chair to sit in during this exchange. Instead of

losing their place in the group, the person who doesn't get a chair becomes the next group

leader and determines the next quality to be discovered.

This simple exercise is a fun way to discover each other without putting anybody on

the spot. With an open time frame, it can be used as a short activity or it can be used as a

lead-in to a more in-depth discovery exercise.

**Birthday Line Up**

Explain to the group that this is a nonverbal exercise. The group is to form a

single straight line, according to birthdays. For example, persons with January

birthdays will be at the beginning of the line, earliest January dates first followed

in order by later dates. The line progresses by months and days with December

birthdays at the end. Persons with the same birthday share the same place in

line. You must communicate non-verbally (no lip-reading or spelling in the dirt

allowed). When the line is completed, each person will shout out his/her

birthday, beginning in January.

**Encouragement Game**

This game is a potential life changing game. It works best for groups that know each other reasonably well.

Sit in a circle and give everyone a piece of paper and pen. Each person should write their name at the top of the piece of paper, then pass it to the person on their left. Each person then writes one or two (or more) positive characteristics about the person who's name is at the top of the paper.

After 30-60 seconds, everyone passes the pieces of paper around to their left again. This continues until everyone has written on everyone else's paper.

A typical piece of paper would look like this:

Jan Novak

Kind

Thoughtful

Always thinking of others

A good cook!

etc

etc

The final step is that everyone receives their piece of paper back again.

It works best if you collect them and hand them out one at a time, so everyone can see people's reaction seeing the positive comments about themselves. Depending on the make up of the group, one option is to have people read out their own list. As some commenters have pointed out below, it may be worth doing a quick check to ensure the comments are appropriate and positive.