Human Scavenger Hunt

Objective: To search for commonalities among members and to get to know more about each other
Materials: A copy of the list that follows this game description
Description: Break the large group into smaller groups of about six to twelve people each. Have each group stand or sit together in a place that is separate from the other groups but of equal distance from you – the leader who stands in the middle of the room. Read one item from the list at a time. The team who sends up a person or group of people to you first that fits the description you have just given earns a point. For example, you might say “two people who have the same middle name” and within each group the members must talk, find out if any two have the same middle name, and then quickly send those people up to you. The first group of people with the same middle name to reach you earns a point for their team. You may give a bonus point for different items if it applies – for instance, if a group has three people with the same middle name they may earn a point for this round even if they were not the first group to get to you. The group with the most points at the end of the game wins.

Human Scavenger Hunt List:
1. Two people who have the same first and last initial
2. The person in your group who was born the farthest away from here
3. Two people with the same middle name
4. A group of people whose ages add up to 100
5. Two people with the same birthday (or birthday month)
6. A group of people whose shoe sizes add up to 40
7. The person in your group who lives the closest to here
8. A group of people who have attended school for a total of 38 years
9. A group of people who can spell a word by putting together the first letters of their first names
10. A group of three people who all have different colored eyes

Bridge Of Life

Objective: For team members to work cooperatively in decision-making and planning
Materials: None
Description: Break the group into teams of four to ten. (This game may be played as a race or as a one-team challenge.) Mark off an area that is wider than all the team members standing side by side. The challenge is for each team to get one member from one side of the area to the other without touching the ground or being carried. Some possible solutions are:
--for team members to lie down, forming a human bridge for the person to crawl across
--for the team to pass the person down the line in a prone position, with team members shifting position in line as necessary
--for the person to walk on the feet of hi/her team members

Discussion Prompts:
1. How did you decide who would be the person who had to try to get across?
2. How did you decide on a method for getting this person across?
3. Did everyone contribute to the decision process? Why or why not?
4. What role do you usually take when part of a decision-making process?
5. Do you wish you had a different role? Why or why not?
Team Building Games

Circle Tag

Objective: For a group of people to learn to work together as a team
Materials: Blindfold
Description: Start the game by asking for a volunteer. Blindfold this person and ask the rest of the group members to hold hands in a circle surrounding him or her. The person in the middle tries to tag (or touch) those in the circle. The people in the circle must work together to avoid being touched by the person who is in the middle. If anyone in the group lets go at any time, the person in the middle wins that round. Set a time limit (about twenty seconds) and challenge the group to go for this amount of time without being tagged. The group can try to get away from the person by getting the person in the middle to go under their arms and outside the circle without tagging them. After the twenty seconds, put another person in the middle and play again. You may change the challenge by doing any of the following:
1. Blindfold two people who must hold hands and work together to try to tag the circle.
2. The person in the middle has no blindfold but has his/her shoelaces tied together.
3. Place a bell or other noisemaker on one person in the circle and challenge the person in the middle to tag this person while the rest of the group tries to keep him/her from being tagged. You may allow more time for this activity.

Discussion Prompts:
1. What type of teamwork was needed for this activity (if any)?
2. Do you ever feel like a part of a team that is being pulled in many different directions? How do you deal with this type of situation?
3. What did each person need to do in this activity to make your team successful?
4. How did you feel when you were in the middle? Did anyone help you?
5. Do you ever feel like everyone else is on the same team and you are standing by yourself? How do you handle this situation?

Have You Ever…Hopped?

Objective: To learn facts about the team members
Materials: Shoes
Description: Everyone but one person forms a circle. The one person left standing stands in the middle of the circle. Everyone places their pair of shoes in front of them including the person left in the middle. The person in the middle says, “Have you ever…” and then finishes this statement with something that they have done in the past. The people around the circle that have also done this statement hop on one leg around and through the circle to find a new pair of shoes all the while the middle person also tries to find an empty pair of shoes. The person left without a pair of shoes ends up in the middle and makes the next statement, “Have you ever…” *You may NOT go to the marker beside you.

Discussion Prompts:
1. Did you realize you had a lot in common with your team members?
2. Did anything surprise you about any of your team members?
3. Was there one thing that the majority of the team had not done? If yes, what was it and would you plan to attempt it all together as a team?
The Freeze Zone

Objective: For each team member to have learned at least five other team members name and what team there are from.

Materials: None

Description: A couple of players are chosen as the Freeze King/Queen. The other players are Raindrops running around an open area. The Freeze King/Queen tags you and you become a frozen icicle. The other Raindrops can defrost the icicles by taking their place for 10 seconds and learning their name, where they live and what team they are on. But Raindrops, be aware to do this without being seen because the Freeze King/Queen can freeze you while you are defrosting the icicles.

Discussion Prompts:
1. Who did you get to meet?
2. Did you meet anyone from a different team?
3. What methods did you use to try and remember the people you met?
4. Did you have a chance to get to know them a little more or was your focus on winning the game?

Heel Walk

Objective: For everyone to contribute to a group effort

Materials: None

Description: Make sure everyone is wearing shoes for this activity! Have the group line up single file with their heels on the toes of the person behind them. The group must then attempt to walk as a unit without becoming disconnected. You may give them a certain distance to walk or ask them to set a goal as to how far they can walk as a group. For an added challenge, place obstacles in the area for the group to walk around.

Discussion Prompts:
1. Do you think this would have been easier for you if you were in a different place in line? Why or why not?
2. How was communication a factor in this activity?
3. How big a line do you think could be made?

Back To Back

Objective: To learn to lean on one another for support

Materials: None

Description: Divide the group into smaller teams of two to three people each. Challenge each group to sit down on the floor with their backs to each other, link elbows, and then stand up without unlinking arms. Once a team successfully stands up, they need to find another team that was also successful and form a larger group together, sit back to back, and attempt to stand up all together. The smaller groups should continue joining together until the entire group is back to back and working together to stand up as one big team.

Discussion Prompts:
1. Why do you think it is better to start this activity in small groups?
2. Was it easier at first or harder? Why?
3. Would you rather be on a small team or a large team? Why?
4. How are small and large teams different?
5. When are teams the most effective?
Team Building Games

The People Pull

Objective: For group members to ask one another for help when trying to accomplish a difficult task
Materials: None
Description: At the beginning of the activity ask for the biggest, strongest person to volunteer (or have the team select this person). The person selected must lie down on the ground, stiff, with arms to the side. Now choose one of the smaller people in the group to try to pull this person up to a standing position using only one hand. When they fail, tell them that they can ask one person to help them, but this person can only use one hand as well. If they still can't do it, allow the new person to select another person to help. Continue in this manner until the person on the ground is successfully lifted. It is possible that not everyone will be chosen to help lift the person but this how in other situations they would be the first person chosen to help. For safety, it is important that you have spotters for this activity to make sure that the person being lifted is not dropped.

Discussion Prompts:
1. Why is it important to ask for help sometimes?
2. Is it always easy to ask others for help?
3. If you weren’t chosen to help or if you were one of the last ones chosen, why do you think this is?
4. Can you think of another situation in which you would be the first person who was asked for help? What is it and why?
5. In what ways do individuals all contribute to a final outcome that cannot be accomplished by a single person on this team?

Guess The Leader

Objective: To determine who the leader of the group is
Materials: None
Description: Have the group form a circle and explain the game. Choose a volunteer to be in the middle of the circle and cover their eyes. While the volunteer is not peeking have someone else volunteer to be the “leader”. Everyone who is in the circle will copy exactly what the leader is doing at all times. (Try not to be obvious) The person who is standing in the middle of the circle now opens their eyes and tries to identify the “leader” of the group is. As time goes on, the “leader” should try giving larger moves for the group to follow. Such as, lift arms when the volunteer is not looking or while he/she is turned around. The person in the middle can have 2 guesses to try and figure out who the leader is. When the game is over if the person guessed right the leader will then become the volunteer and another “leader” will be chosen. If the leader did not guess correctly, a new volunteer and “leader” will be chosen.

Discussion Prompts:
1. How hard did you find it to guess the leader?
2. What strategy did you use to find the leader?
3. As the leader, how hard/easy was it to fool the volunteer?
4. We are always asked to follow directions from someone which we sometime do not adhere to, this time the object of the game you had to follow and match the directions of the “leader”. How do you think this relates to your team?
Team Building Games

Team Logo

Objective: For group members to work together to creatively share about the dynamics and positive traits of the group as a whole
Materials: Paper & Colored markers or writing utensil
Description: Give the group a piece of paper and colored markers and ask them to create a logo that represents the entire group. Then have them explain it to you and explain how each person is represented in the logo.
Discussion Prompts:
1. What aspects of your logo were easy? What aspects were difficult?
2. Would it have been easier or harder to create one for yourself?
3. Is there something you would like to add or subtract from your logo? Why?
4. Would you like this logo to always represent your group, or would you like a future logo to look different? Why?

At home variations:
- Break the group into smaller teams and have each team make up a logo about their team or about the entire group. Then have each team share their logo.
- Have each person make their own logo and then put them all on the same piece of paper. Discuss how they are similar or different and how each person adds unique qualities to them.

Mine Field

Objective: For group members to think about problems the group has and come up with possible solutions
Materials: Paper, Pens or pencils, & Blindfolds
Description: Give each person a piece of paper and pen or pencil. Ask everyone to think of things that they feel are disruptive to the group and write them down. (You may or may not have them share what they have written.) Everyone should then wad up their paper and throw it into a designated area on the floor. These are now the mines in the minefield. Now have group members get into pairs. Pick which one will give the other a piggy-back-ride. Blindfolding the base or having them close their eyes, have them try to cross the minefield without stepping on any of the mines while their partner verbally tells them where to go. You may have more than one person walking through the field at one, for an added challenge, have them walk towards one another.
Discussion Prompts:
1. Would it have been easier to get to the other side without the mines in the way?
2. How did you overcome all of the mines in the minefield?
3. How can the team get past things that are disruptive to the team process?
4. Do you feel that this team does this? Why or why not?
5. What are some ways this team can eliminate the “mines”?

At home variation:
- The leader gathers all of the papers once they are complete and reads them to the group anonymously. He/she then wads each one up and throws it into the minefield.
Team Building Games

Shoe Scrambler

Objective: To have fun and cheer each other on
Materials: Your own shoes
Description: Have everyone take off their shoes and throw them into a big pile. Mix them around. Break the group into medium teams. Form teams into straight lines slightly away from the pile of shoes. The first player of each team runs to the pile of shoes, sorts out his/her own pair, puts them on and ties them back up. The player then runs to the back of his/her own line screams, “pee-ewww” and the new first person of the line runs to the pile to do the same thing. The first team wearing footwear (with shoelaces laced) wins.

Baton Pass

Objective: To increase the comfort level of the group.
Materials: Spirit stick
Description: Ask for four volunteers to come to the front of the room and give one of them a spirit stick (a paper towel roll will also work). Select a category such as: Disney cartoon characters, breakfast cereals, kinds of candy with chocolate in them, NFL teams, US states, names of people in this group, etc. Once the category is given set yourself a time of about 1 or 2 minutes. The person holding the spirit stick must name something in the category and pass the spirit stick to the next person, who must do the same. Players may not name something that has already been said. When the person keeping time yells “stop,” the person holding the spirit stick is out and must sit down. Give the group a new category or let them continue with the same one. The last person left wins that round. You may play several rounds with different people.
At home variation:
Have the group members say the words of the pledge of allegiance, a song on the radio, a cheer, a famous poem, your school’s fight song, etc. The first person says the first word (or sentence) the second person says the next word and so on down the line until someone makes a mistake.

Flip

For home or private camp

Objective: For everyone on a team to do hi/her part when solving a problem
Materials: One or more large tarp, old sheet, or old blanket
Description: Find a tarp (or old sheet or blanket) that is large enough for the whole group to stand on while leaving about a quarter of it empty. (If the group is large, break it into smaller teams.) Once the group is standing on top of the tarp, challenge them to completely flip it over so that everyone is standing on the other side of the tarp. At no time may anyone get off of the tarp or touch the ground during this activity!
Discussion Prompts:
1. Did anyone get in your way during this activity?
2. How did you come up with a plan with such a large group?
3. Did anyone emerge as a leader? Who and what did they do?
4. Do all problems solving activities need a leader? Why or why not?
5. Do you feel like more or less a part of the group after doing this activity? Why?
Team Building Games

Pencil Drop
For home or private camps

Objective: For two people to work together as partners to complete a physical challenge
Materials: String, Pencil, & 2-Liter Bottle
Description: Before starting the game, tie two pieces of string around the eraser end of a pencil. Choose two players, and have them stand back to back. Tie the ends of the string around their waists so that the pencil is hanging down between them. Now place an empty bottle between the two and challenge them to lower the pencil into the bottle without using their hands. You can have different groups doing this at the same time as a race, or time several pairs to see who does it the fastest, or simply use it as a fun challenge.

Discussion Prompts:
1. How do you feel you and your partner did?
2. What factors made this difficult for you and your partner?
3. What factors made this easy for you and your partner?

Tag Team Member
For home or private camps

Objective: For each person to share with the group their individual strengths and positive traits that contribute to the overall success of the group
Materials: Large sheet of paper, Writing paper, Pens or pencils, & Marking pens
Description: Break the group into smaller groups of four to eight. Give each team one large sheet of paper, some writing paper, marking pens and a pen or pencil. Instruct the groups to make the “ultimate team member” by combining all of their best traits into one imaginary person. They need to give this “person” a name and draw a picture of him/her on the large sheet of paper with different attributes labeled. Then the group needs to write a story about this person. The story should highlight all of the amazing things their imaginary person can do with all of the awesome characteristics he/she has been given. Allow time at the end of the group time for each team to share their person and to read their story.

Discussion Prompts:
1. If one person had all of your best traits would he/she be much better than any one person in your group?
2. How can you as a group member contribute to the team?
3. How does working as a team make things easier for each person?
4. What can you do as a team than you can’t do by yourself?
5. What other attributes do you think you have to contribute to the team that was not mentioned in your story?
6. What other attributes do others in your group have that were not mentioned in your story?

Balloon Questions
For home or private camps

Objective: For group members to learn more about one another in a fun, interactive way
Materials: Balloons, Paper, & Pens or pencils
Description: Give each person a balloon and a small strip of paper. Ask them to write down a question on the slip of paper and place it in their balloon, then blow the balloon up and tie it. Once everyone has finished, instruct the group to hit their balloons into the air, trying to keep all the balloons in the air for as long as possible. After a few seconds tell everyone to grab any balloon and sit in a circle. Each person takes a turn popping his/her balloon and then answering the question. For small groups you may have each person in the group answer every question.