

*At the start of the year, use icebreakers to help members get to know each other. Use teambuilders throughout the year to build connection. Along the way, help everyone have fun and feel like a team! A few notes to remember:*

- *Adjust the instructions if you have a large club (over 15 members) or a small club (fewer than 10 members). For instance, if the activity asks for members to sit in one circle, members of a larger club can create two circles that are a manageable size for you to monitor.*
- *Members will share information about themselves, so keep an eye out for anyone who may be uncomfortable with sharing. Offer them a different role.*
- *If the club wants to display what members created, make it optional — so members who don't want to post their work do not feel obligated.*

## ICEBREAKERS

### **CANDY TOSS**

**Purpose:** For members to learn each other's interests.

**Time:** 25-30 minutes

**Supplies:** 10 to 15 pieces of wrapped candy per person.

**Instructions:** Seat members in a big circle. Give each member 10 to 15 pieces of wrapped candy. Tell members they cannot eat candy until the end of the game. Let them know that one person starts the game by telling everyone something unique they've done or experienced in life. Anyone in the circle who has not done the same thing gently tosses a piece of candy into the person's lap. Continue this way around the circle until everyone has had a chance to share. At the end of the game, members can eat or save the candy they've received.

### **FLAG FUN**

**Purpose:** For members to get to know one another.

**Time:** 20-30 minutes.

**Supplies:** Paper, markers and colored pencils.

**Instructions:** Separate members into small groups. Seat each group at a table. Pass out blank paper, markers and colored pencils to each table. Ask members to create a "flag" to symbolize who they are, what they like and what is important to them. Give members 10 minutes to create their flags. Then ask them to share what their flag means with their group. After everyone has shared, ask them to sign their work and create a flag display in the room.

## **PICK A SUPERPOWER**

**Purpose:** For members to get to know one another.

**Time:** 25-30 minutes

**Supplies:** Paper cutout of a child, markers, and colored pencils.

**Instructions:** Divide members into groups of five and seat the groups at separate tables. Place enough paper cutouts, markers, and colored pencils at each table for use. Ask members to think about what superpowers they would want if they were a superhero. Ask them to decorate the front of the cutout as a superhero and list their special superpowers on the back. After everyone has created their superhero cutout, ask them to share with their group. Each group selects a speaker to share about their group's superpowers.

## **SHOW AND TELL**

**Purpose:** For members to get to know one another.

**Time:** 25 to 30 minutes

**Supplies:** One paper shopping bag for each member.

**Preparation:** Before the next club meeting, give a paper grocery bag to each club member. Ask members to bring an item to the next meeting that stands for them, their culture or their passions. Tell them the item must fit in the shopping bag.

**Instructions:** During the meeting, explain that each member will have a few minutes to share about the item they brought with the club — what it is, why they chose it and how it's meaningful to them.

# TEAMBUILDERS

## GROUP JUMP ROPE

**Purpose:** For members with different skill sets to learn to work toward a common goal.

**Time:** 25-30 minutes.

**Supplies:** One very large jump rope or several jump ropes tied together.

**Instructions:** Ask for two volunteers to turn the jump rope. Challenge the group to get *as many members as possible jumping at once*. The group may decide to start the activity by jumping into the rope as it's turned — or by standing in the middle and beginning to jump as the first rope turn begins. If the group struggles, give them hints of the different solutions. After everyone has jumped, challenge the group to *jump as many consecutive times as possible* as a group.

**Close the activity with reflection questions:**

- If jumping rope is easy for you, did you feel frustrated? Why or why not?
- If jumping rope is difficult for you, how did you feel? Were others patient?
- Did everyone have the same skill level?
- What are the advantages and disadvantages of having people with different skills on a team?

## THE HUMAN KNOT

**Purpose:** To build members' trust, communication, teamwork and problem solving.

**Time:** 25-30 minutes.

**Preparation:** Clear furniture and obstructions in the room to create spaces where small groups can move around and work actively together.

**Instructions:** Ask members to form small circles of six to eight people who face one another. Ask each person to reach out to take the hand of one person across the circle — and then, with their other hand, take the hand of a different person. Now the group is in a large knot. Explain that the goal is to become untangled without anyone letting go of the two hands they are holding onto. If they are successful, the group will end up in a circle with some members facing inside the circle, and others facing outside. If a group is unable to untangle, ask them to start again.

**Close the activity with reflection questions:**

- What challenges did your team face?
- What worked well for your team?
- Did one or several members lead as your team solved the challenge?
- From this activity what would you say are the characteristics of a successful team?

## **PASS THE CLAY**

**Purpose:** For members to learn how to work together as a team.

**Time:** 25-30 minutes

**Supplies:** Playdough. A whistle.

**Instructions:** Separate members into groups of 5 and seat them in a circle facing one another. Give each group 2-3 containers of Playdough. Instruct members to decide on a thing their group will create. Examples include: an animal, a clown, a plate of spaghetti with meatballs, a truck, a storefront, a lighthouse, and a baseball and bat.

Let them know that one person will mold playdough for only 20 seconds when the advisor blows the whistle. Then another group member will take over sculpting the item. This will continue with members passing the sculpture every time the whistle blows until one group completes their sculpture. Do other rounds of sculpting with groups choosing a new item to create each round. The groups can share their finished and unfinished sculptures with the club after each round.

**Close the activity with reflection questions:**

- Would this task have been easier or harder if you were by yourself?
- What was difficult about working with a team to complete the goal?
- What did your team do well that helped you complete the goal?

## **TOILET PAPER WRAP**

**Purpose:** For members to learn how to work together as a team.

**Time:** 25-30 minutes

**Supplies:** 5 rolls of toilet paper

**Instructions:** Separate members into groups of five, with distance between groups. Give each group a roll of toilet paper. Let the groups know they have 10 minutes to decorate one member of their group using toilet paper. Be creative! The person can be decorated as anything the group decides, such as a nurse, statue, tree, firefighter, etc. When they are ready, hold a fashion show and let other groups guess the identity of the model.

**Close the activity with reflection questions:**

- How did your group come up with the fashion design?
- Did all group members have a role in carrying out the task? If not, how did that make you feel?
- What did your team do well that helped you complete the design?

*Adapted from: Jones, Alanna (1999). Team-Building Activities for Every Group. Richmond, WA: Rec Room Company.*