

We typically used these to start our meetings with the fellowship program. The intention is to get the youth working together to achieve similar goals and recognize each other's strengths and weaknesses.

**ASK AFTER:** What was your strategy to solve it? Who did what? Why did you make the decisions you did?

### Teambuilders

- **[Personality test](#)** - can be a good starting point for everyone to understand their strengths and weaknesses in relationship to their team/group
- **2 truths and a Lie** - ask everyone to think of two true facts and one lie about themselves. They will share it with the group and the rest of the participants will decide which one they think is the lie. To add an additional team building element, tell the group they all need to decide on the lie together with a vote.
- **Shape Remake:** use about 5-10 popsicle sticks to make a shape in a hidden space. Have youth pair up in groups of two for this activity. One youth will see the shape that you made and have to verbally describe it to the other youth to instruct them to make the same shape. To add more difficulty, have the youth face back to back so the youth instructing the builder is unable to see their progress and will have to rely on their verbal feedback to know if it is done correctly. Popsicle sticks can be replaced with any material that will allow you to create a shape that can be easily replicated with verbal instruction. The goal of this activity is for youth to be very clear with their choice of words and instruction. The youth receiving the instruction will also work on their comprehension skills and need to give clear feedback.
- **Silent Line Up:** Have the group order themselves in a line by the following categories. No verbal or written communication is allowed. Encourage the group to use body language and signals to communicate.
  - Height, shoe size, birthday, alphabetically by last name, alphabetically by favorite color, number of sibling
- **Applause, please** - one person will be chosen to leave the room and the rest of the group will choose an item that the person outside of the room will have to locate without any verbal assistance from the group. The only clue that the group will be able to give is an applause meter for how close the person is to the item. The closer they are the louder the claps should be.
- **Human Knot:** instruct group members to form a circle, grab two opposite participants' hands, and then untangle the resulting jumble without ever loosening the grip.
- **Story Starters:** have enough pieces of paper for everyone who will participate in this activity. At the top of every paper write one sentence or fragment that is can get a story started. (ie. Once upon a time there was an urban farm in Bridgeport... One day Jessica woke up and realized she had superpowers.... There once was a man who ate potato soup for breakfast every day... ) Give everyone a random piece of paper and tell them to add onto the story that they have been given. After about 60-90 seconds, instruct them to rotate the papers clockwise and give them the same amount of time to add onto the new paper they have in front of them. Continue this process until the papers have made a full circle around the group and everyone has the story that they originally started with. Have everyone add a final line to the story to wrap it up, and instruct them to read the stories to the group.

- **Discussion question:** Did the story go as you expected?
- **Whose story is it?:** ask everyone to write down a story about a similar topic. It can be a true story related to something everyone has in common or a fictional story about the same idea. Then gather all of the stories in one pile and redistribute them among the participants. Have everyone read the story they now hold and guess whose story it is as a group. This activity should be done after everyone has gotten to know each other a bit and has some more clues to go off of
- **Drawing challenge:** Assign each person in the room one part of a whole drawing. For example, if you're drawing people, assign the head, torso, arms, and legs (if needed, keep going with feet, hands, hats, etc.). Pass out blank paper and markers or colored pencils and have each person draw their part. Then pass the papers around the room, with each person adding their part to every sheet, until each drawing is complete and you can revel in your collaborative (and perhaps messy) masterpieces.
  - **Variation:** Give everyone a piece of paper and instruct them to draw the same part of something. For example, if you were doing a plant, the parts would be stem, flower, leaves, ground, background, etc.. After everyone draws the same thing on that paper, instruct them to pass the paper to their right and give them a different part of the plant (or other item). Continue this process until there is a completed drawing that has an element added from everyone in the group.
  - **Discussion questions:** Did the picture come out as you expected?
- **Drawing Challenge using sense of touch:** Have the group split into groups of two and give each person a piece of paper and drawing utensil. One person should be sitting at a table while the other is standing behind them. The standing partner will use the sitting partner's back as their hard surface and draw an image. You may provide them with the image or instruct them to get creative with something easily replicable. The sitting partner will have to use their sense of touch to try to draw the same thing that their partner is drawing on their back.
- **Back to Back Drawing:** Members will work in pairs. The team building leader will give each duo a picture and writing materials like paper and marker pens. Then, one team member will hold a picture and describe the image, and the other player must draw the object exactly as described. The partners must remain back-to-back throughout the exercise and neither partner should peek at the other's picture.
- **Classify This** - Place around 20-25 random assortment of articles or pictures, such as paper clips, pencils, salt shaker, umbrella, socks, ketchup sachet, fork, and so on. Make teams of 4-5 students, who are now tasked with categorizing them under specific categories, even when there are no apparent connections
- **Marshmallow and spaghetti building competition:** Break people up into teams and provide each group with marshmallows and dry spaghetti. The team that builds the tallest standing structure out of these two materials in a set amount of time wins.
- **Give out blind directions** - Have a task for a blindfolded person to do with directions from a partner who can see the task
- **Silent line up** - height, age, birthday, last name
- **[Rope Bridge Problem](#)**

## Problem Solving:

- [14 Brain-Tickling Team Building Problems](#)
- If you have a 7-minute hourglass and an 11-minute hourglass, how can you boil an egg in exactly 15 minutes?
- **Crossing the River:** A woman is on one side of a river with a chicken, a fox, a rowboat, and a bag of corn. She's in a bit of a predicament because she needs to get these things to the other side of the river as efficiently as possible.
  - She has a rowboat, but can only carry herself and one other item at a time
  - She cannot leave the chicken and the fox alone because the fox will eat the chicken
  - She can't leave the chicken with the corn because it will gobble it right up
  - **How does the woman get all five things to the other side of the river safely?**
    - [Solution](#)
- **Planning for Shipwreck**
  - You're all on a ship together that has these following items. The ship is beginning to sink and you will be left on a deserted island for who knows how long. Work together to decide the 5 items that you will bring with you and decide your plan/goal for survival (escape, survive, mix of both?)
    - Box of matches
    - Knife R
    - Bug spray
    - Sunscreen
    - Flashlight
    - Phone
    - Batteries
    - Mirror
    - Tarp
    - Toilet paper
    - Oar
    - Tent
    - Hammock
    - Life jacket
    - Compass
    - Fishing net
    - Sleeping bag
    - First aid kit
    - Seeds
    - Pot
    - Water purifier
    - Flare gun