

Teamwork Activities

Teamwork Games

Home

Self-Esteem

Communication

Anger Management

Self-Discovery

Coping Skills

Teamwork



Fun team-building activities that promote teamwork, from the books 104 Activities That Build: Self-Esteem, Teamwork, Communication, Anger Management, Self-Discovery and Coping Skills and The wRECKing Yard of Games and Activities.

Creative Coloring

Sometimes in life we must accept help from others or rely on our friends and family for help if we are to be successful. If one person tries to build a house all alone, there is a lot of work to be done and it's a difficult task, but when a whole team of people pitch in and contribute, a complete house can be built in no time. Each person is a part of a puzzle and can offer different talents to use in the building of the complete house.

In this activity each person is a part of a team that can make a big project easy and each person contributes his/her own skills to create the big picture.

Objective

For each person to contribute to a group project and for the group to work together as a team.

Who

People who need to practice using teamwork by working closely with others to finish a group project.

Group Size

4 to 12 participants

Materials

12 different colored markers, crayons or colored pencils

A large sheet of paper

Description

Give each member of the group a different colored marker, crayon or pencil and inform them that this will be the only color they can use for this project. The group must now create a picture, using all of the colors. Each person may only use his/her color (no trading or sharing is allowed!).

For example if the picture contains a tree the person with the brown marker will draw the tree trunk and the person with the green will then draw the leaves.

Discussion Prompts

1. Was this a difficult task for the group? Why or why not?
2. How did you work as group to complete the picture?
3. Is everyone in the group happy with the picture that was created? Why or why not?
4. Is it easier to do things by yourself or with others?
5. Why is it important to be able to work with others as a member of a team?

Variations

For smaller groups each person may have more than one color.

For younger children or lower functioning groups it's a good idea to tell them what picture they should draw.

Have the group color in a page from a coloring book, rather than creating their own picture.

For added teamwork ask the group to decide how to determine which color each person will use.

(From the book 104 Activities That Build:)

Mega Mini Golf

Playing golf is an individual sport, but creating a golf course takes many different people working together to reach a common goal. In this activity each person can contribute unique ideas and listen to the ideas of others to make a great golf course.

Objective

For group members to be able to work with others in a group situation, by participating in group decision making.

Who

People who need to work on being a member of a team and getting along with teammates.

Group Size

4 to 16 participants

Materials

- . Large plastic cups
- . Hockey sticks or golf clubs
- . Whiffle balls or tennis balls
- . Any equipment that can be used to create mini golf obstacles (i.e. cones, basketballs, jump ropes, chairs, blocks, beanbags, tables, milk cartons, boxes, tumbling mats, etc.)

Description

Use a large field or open room. Place all the equipment (except for the hockey sticks or golf clubs and balls) in a pile in the middle. Break the group into smaller groups of two to four members.

Each group may use a few items from the pile to create an original mini golf hole. Each group gets one of the large plastic cups to use for the hole itself. Use the cup by tipping it onto its side so that the open end is the target at the end of the mini golf hole.

Using the selected items, the group creates an obstacle in front of the cup, with a designated starting point for the ball. Once each group has completed their mini golf hole, tour the golf course as a group, allowing each group to give an explanation of their hole to the rest of the group.

Once the tour is completed, give each person a hockey stick and ball. Have the group play a round of mini golf with each small group starting the game at a different hole.

Discussion Topics

1. Did everyone in your group contribute to the creation of the golf hole? If not, why not? If so, what contribution did you make?
2. Would it have been easier or more difficult to create a mini golf hole by yourself? Why?
3. Was there any confusion about the explanation of the course once play started?

Variations

- Depending on the size of the group and the amount of time allowed, each group may be allowed to create more than one golf hole.
- With younger children it is a good idea to supply each group with a small pile of items that they must use when creating their golf hole. Also, use hula hoops for the hole.

(From the book *The wRECKing Yard* of games and activities)

1 800 828 6142, Fax 1 800 828 6142
info@gamesforgroups.com

