



A WEEK IN *Learning*

TEAM BUILDER
activities for your next team gathering!

Human Lie Detector

GOAL / OBJECTIVE: A simple team builder designed to build relationships and enhance communication skills.

GROUP SIZE: 3+

TIME: 25 -30 minutes

MATERIALS: Index cards, pens.

DIRECTIONS:

- Split participants into groups of 3 (Person A, Person B, and Person C).
- Each person will write down 1 true statement and 1 untruthful statement about themselves on their index card. Remind everyone not to share these statements.
- Person B or Person C will randomly choose one of Person A's statements (without knowing whether it's the truth or a lie).
- Person A reads the selected statement aloud to the group.
- Person B and Person C then have two minutes to ask as many questions as they can to determine whether the statement is true or a lie.
- After the questioning, Person B and Person C must agree on whether the statement is true or false. Person A will then reveal the correct answer.
- Repeat the process until everyone has had a turn sharing their statements.

DEBRIEF:

Take a moment to discuss what your team learned:

- What did you learn about your colleagues through their statements?
- How did your detective skills help you identify the truth and the lie?
- Were there any surprises or interesting revelations during the game?

Continue to the next page for a quick icebreaker!