



A WEEK IN *Learning*

TEAMBUILDER
activities for your next team gathering!

PERFECT *square*

GOAL / OBJECTIVE: A group activity that demonstrates leadership skills and exercises communication, listening, and problem-solving skills.

GROUP SIZE: 4 - 10

TIME: 15-25 minutes

EQUIPMENT: Blindfolds, a long piece of rope with the ends tied together

RULES:

Have each team member form a circle, while holding a rope with both hands. Once the circle is formed, the group can lay the rope on the ground. Each team member must then blindfold themselves and take 5 steps backwards.

When the facilitator says “go”, the team must work together to form the rope into a perfect square. Give the team anywhere from 5 – 10 minutes to complete the task.

You can also introduce new challenges such as:

- Only some team members can talk
- You can only use your non-dominant hand

DISCUSSION / DEBRIEF:

- What problems did you encounter during the challenge?
- Did you identify a leader? How was leadership demonstrated during the challenge?
- How well did you communicate during the challenge?

Continue to next page for an icebreaker

DAY colors

GOAL / OBJECTIVE: A quick activity that demonstrates empathy and respecting of individual differences

GROUP SIZE: 4 - 10

TIME: 10 - 15 minutes

EQUIPMENT: A piece of paper and a pen for each team member

RULES:

Say this: "As individuals, we think differently and therefore see things differently. We often do not imagine that other people may see something quite differently to how we see the 'same' thing. Management and relationships, in work and outside of work too, depend heavily on our ability to understand the other person's view, and what causes it to be different than our own.

Close your eyes and imagine the days of the week. What color is each day? Write down the color of each day. "

Have each person share their answers. Compare and contrast all answers; asking why they chose that particular color.

Click each link below for more information



Let us know what you thought of this week's content.



Learn more about the L&D team.

