



Team Building Activities

Students Will Be Able To

- 1. Get to know other Advisory classmates better*
 - 2. Develop a supportive environment*
-

Materials

Ideas for team-building activities are included below. If you have other ideas for team-building activities, please share them!

Introduction

A key point of Advisory is to ensure that every student has a community of peers and adults to lean on when things get hard. The following activities are designed to help grow that community.

Activity 1 – Mirror Image

Pair up students. Partners stand in front of each other. Partners maintain eye contact for about a minute. Group leader announces that the first partner will lead off with a simple movement and the second partner will mirror the same movement. Then, the second partner leads as the first partner follows his movement.

The group leader now suggests a new set of movements that may be more difficult to follow. Partners repeat as above with the new set of movements. Continue this exercise for three or four more movements.

Activity 2 – Transformers

Divide your group into teams of 8-10 students.

Have the teams come together so that they can see you and each other and still maintain some space between each other.





Ask each team to form the letter “H”. After a minute or two of milling around, the team members will figure out how to arrange themselves in the shape of that letter. Lead the teams in applauding each others’ success and introduce the next task for each team to do in turn--

- Form a zipper, zipping and unzipping
- Arrange yourselves in the shape of a helicopter
- Become a cannon ball fired from a cannon

Activity 3 – Take My Advice

Each player needs a sheet of paper and a pen or pencil. Divide students into groups of 5, and ask each group to sit in a circle. Then ask each player to write at the top of their paper a difficult problem that needs solving [*this problem needs to be school appropriate*]. The problems can be real or made up. Have the players pass their papers to the next player in the circle.

Then, have the players read the problem written on the paper and write a short [*school-appropriate!*] solution under the problem. Solutions can be sincere OR humorous! After everyone has written a solution to the problem, ask the players to fold the papers so that the problem is visible, but the solution is hidden.

Once the papers are folded, have the players pass them to the next player in the circle. Have those players write their solutions underneath, again folding before passing. After the papers have been passed 4 times, pass the papers once more. Have the person holding the papers read aloud the problem and all the advice. The participants should get a few laughs and maybe some great advice!

Activity 4 – Improv Olympics

The audience or leader suggests a basic household chore or occupation and the players present it as if it were an Olympic event. Two players should be the commentators for the event. They set up the scene by describing the competition and introducing the other players, who play the contestants, a coach, or whatever is needed to complete the scene. You can also have judges scoring the events and post-event interviews with the athletes. (Students who are familiar with sports television will have an easier time with this game.) Encourage the sportscasters and athletes to work together to shape the event/skit.

Give them a few seconds before starting to decide as a group what type of event they want to run: power, speed, synchronized. You can adapt the game by playing the commentator yourself. Be creative!





Make sure everyone knows what type of competition this is: a test of strength, a race, a synchronized sport? Several gimmicks work well in this game. The most common is having a tragedy take place during the event and watching the players overcome it. For instance, in a synchronized dishwashing competition, one athlete might accidentally drop a plate, which smashes on her foot causing her pain, forcing her teammate to pretend to drop a plate on his foot and hop round faking pain to match his partner.

Often the commentators will review some of the event using slow motion. This works well and gives the audience a chance to see “just what went wrong.”

Language and content for activities come from:

<http://www.serviceandinclusion.org/conf/HSHT-Team-Building-Ice-Breaker-Manual-2008-09.pdf>

