Picklist of Interactive Team Building Games

The games are ranked in order of how much they require your team to get out of their comfort zones. The more comfortable games are at the top of the list, and the more challenging ones are at the bottom.

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| **Game Title** | **Description** | **Materials** | **Recommended** |
|  |  |  | **Time** |
| Name-Game | Staff sit in a circle and pass around a ball. Staff say | Small object to | 5 minutes |
| Ball Toss | their own name, and the name of the person they are | throw (e.g., rubber |  |
|  | passing to, before each throw. | ball or beanbag) |  |
|  |  |  |  |
| Two Truths | Each staff member thinks of two true facts and one | None | 10 minutes |
| and a Lie | false fact about themselves. (For example, “I grew up in |  |  |
|  | Oregon,” “I was a girl scout,” and “I once received first |  |  |
|  | place in a judo competition.” They share all three facts |  |  |
|  | with the group, and then the group tries to guess which |  |  |
|  | fact is false. Once the group guesses correctly, another |  |  |
|  | staff member takes a turn. |  |  |
|  |  |  |  |
| Finding | Set a timer for 5 minutes. Staff mingle with one another | Pens and paper | 10 minutes |
| Common/ | and have one-on-one conversations. As they talk, each |  |  |
| Opposite | pair needs to identify one thing they have in common, |  |  |
| Ground | and one thing they don’t have in common. Examples |  |  |
|  | include: college, favorite ice cream flavor, hometown. |  |  |
|  | Staff write down the “common” and “opposite” ground |  |  |
|  | with each person they talk to. The goal is to have |  |  |
|  | conversations with as many people as possible, and the |  |  |
|  | staff member who talks to the most people wins! |  |  |
|  |  |  |  |
| Pictionary | In advance, pick a theme (such as health care terms, | Small pieces of | 15 minutes |
|  | songs, or famous people) and write 20-30 related terms | paper, a small |  |
|  | on small pieces of paper. Put the pieces of paper in a | container, pens |  |
|  | small container. To play, select one person to be the | and paper (or a |  |
|  | “artist.” The artist picks a piece of paper from the | whiteboard and |  |
|  | container, and using drawing only (no words!) must try | whiteboard |  |
|  | to get everyone else to guess the term. Whoever | markers) |  |
|  | guesses correctly steps up as the next artist. |  |  |
|  |  |  |  |
| Human | Give participants a “Human Bingo” sheet (see materials | Bingo sheets | 10 minutes |
| Bingo | for details). Staff mingle, and try to find someone who | (make your own, or |  |
|  | meets the criteria on the bingo square. The first person | customize our pre- |  |
|  | who gets a complete row shouts “Bingo!” and has to | made bingo sheet |  |
|  | read off their names. Feel free to play several rounds, | on page 93), pens |  |
|  | or try blackout! |  |  |
|  |  |  |  |
| Tarp | Split the group into smaller groups of 6-10 people. Give | Tarp | 15 minutes |
| Challenge | each group a small mat or tarp and give them the |  |  |
|  | following ground rules: groups must turn over the mat |  |  |
|  | from one side to the other, while everyone is standing |  |  |
|  | on it. If anyone touches the ground, the team has to |  |  |
|  | start over. |  |  |
|  |  |  | Source: HR Advancement Center. |

****Human Bingo

|  |  |  |  |
| --- | --- | --- | --- |
| Speaks at least two | Is the oldest sibling | Owns a pair of red socks | Can curl their tongue |
| languages |  |  |  |
|  |  |  |  |
| Has a pet | Has been working here | Plays an instrument | Has tried surfing |
|  | for less than one year |  |  |
|  |  |  |  |
| Doesn’t drink coffee | Read a book within the | Has been working here | Likes to sing |
|  | last month | for five or more years |  |
|  |  |  |  |
| Has an older brother | Has a January birthday | Plays on a sports team | Has met someone |
|  |  |  | famous |
|  |  |  |  |

Source: HR Advancement Center.