

Team Building

Example Icebreakers

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Rain

Rain is a relaxing exercise that is useful when a group has hit a stressful period. Have everyone in the group form a circle and sit down. The leader then teaches everyone how to make it “rain.” To make it rain lightly, have everyone rub the palms of their hands together in a circular motion. To make it rain harder, have everyone snap their fingers lightly (one hand, then the other). To make it rain even harder, have everyone slap their hands against their thighs, right and left. Finally, to make it pour, have everyone clap their hands. Have everyone in the circle close their eyes and listen. When a person hears rain they should join in, keeping eyes closed and imagination open. The leader then starts with a light rain and takes the group to a downpour and back down to a drizzle.

Journal Share

This activity works better in smaller groups. The purpose is for group members to respond to each other’s wishes, fears, or concerns in a safe setting. Ask each person to write one fear they have about their Venture or upcoming project in a journal or on a sheet of paper. Afterward, everyone passes their journal to the person on their left, so the next person can respond in writing to the first person’s fears. The journals continue to be passed until they return to the original team member. By the end of the activity, each person has a list of encouraging messages from their peers.

Who’s the Leader

Have team members—the more the better for this activity—get into a circle facing each other. Ask for one volunteer to leave the room. Explain to the circle that one person is going to volunteer to be the “leader.” This person will start some sort of motion (a clap, snap, stomp, etc.) and the rest of the circle will immediately follow suit. Tell the group that the volunteer will come back into the room and try to guess which person is the leader, so the group should try hard not to “give away” the leader’s identity. Have the volunteer come back in and try to guess the leader. After the leader is guessed, have different team members be the volunteer and the leader.

All My Friends

This activity can help people get acquainted while getting them up and moving around. It is a variation on musical chairs. Everyone sits in a circle, except for one person who stands in the middle. There are only enough chairs for the people who are sitting. The person in the center begins the game by saying something that all the participants might (or might not) have in common. For example, “All my friends wear sneakers.” At that point, all who are wearing sneakers must get up and move to a different chair. The person in the center goes to a vacant chair, if he or she can. One person is left standing. That person then chooses the next characteristic and calls it out.