

Team Building

Team Building Activities

Team Building is the process of a team coming together as a group, learning about each other, and being able to work effectively with one another. Your Venture Team may want to take some time to get to know each other better through activities and ice-breakers. Investing in building a strong team from the beginning will pay off in the long run.

Try Icebreakers: Icebreakers are activities that help individuals in a group get to know each other and feel more comfortable working together. Icebreakers can help team members get to know each other and help everyone feel more comfortable sharing ideas and opinions. Icebreakers can also be used to improve a team's problem solving abilities and interpersonal communication skills. For examples of icebreakers, check out the Youth Venture tip sheet, "[Example Icebreakers](#)."

Build team building into your routine: Many groups do team building exercises at the start of every team meeting. They report these activities help them work better together, be more productive, and know how to have fun together!

Take the time for team building: Team building activities may seem like a waste of time, especially as your team nears a deadline. However, a team building exercise can help your team reenergize and focus as a group; it can help stir everyone's energy and creativity far more effectively than sitting in an unproductive meeting.

Use team building activities when:

- a team is just forming and learning to work together.
- you want to introduce new members.
- members seem to be bored.
- there is conflict or arguing.
- you want a break from routine.
- you want to boost team spirit.

Make it Fun: Icebreakers and team building exercises may seem silly, but they can still be effective. When a team is having fun, members cannot help but to get to know each other better.

More YV Tip Sheets

Check out these additional YV Tip Sheets:

- [Example Icebreakers](#)
- [Sustainable Leadership](#)