TEAM BUILDING GAMES

TEAM CHARADES RELAY RACE

1. Divide the group into 2 teams.
2. Have the teams spread out so that they can't overhear the next team's answers. Have each team form a line (side-by-side) facing away from the other team (so the teams are back-to-back with about 30-50 feet in between them. (SEE DIAGRAM ON BACK SIDE OF SHEET)
3. Ask the rightmost member of each team to come to you.
4. Whisper the first word into the ears of the two students, and release them to their groups at the same time.
5. The students return and stand in front of their group, facing the line. They then act out the word following charades rules.
6. Once a member of the group guesses the word correctly, the person acting out the word goes and tags the next person in line before moving back to their spot in the line.
7. The person that was just tagged in runs to the instructor for the next word. No one can come up for a word twice until everyone has gone up once. This helps ensure that everyone participates.
8. If a person gets stuck then after 30 seconds of trying to act their word they can 'pass' the word onto the next person in line. To 'pass' they must lead the next student in line to the teacher, where they will whisper the word to the next student. Students that have passed on a word are not allowed to guess that word.
9. The team members must tell the instructor what word their team just guessed, and the instructor tells the new volunteer the next word on the list.
10. The team that finishes the list first wins.

1. Fish
2. Canoe
3. Water
4. Farming
5. Owl
6. Tree
7. Binoculars
8. Nature Walk
9. Feather
10. Sun
11. Duck
12. Rain
13. Flower
14. Rabbit
15. Flying
16. Food
17. Bug
18. Frog
19. Swimming
20. Snake
TEAM BUILDING GAMES

HULA HOOP PASS

Split the group into two equal teams and have them form parallel lines facing one another. Each member of the line should be holding hands with the person on either side of them. The two team members at the end of the line will have one hand free. If the groups are not equal with students only have an adult join one of the groups to even the teams out.

Give the hula hoops to one student at the end of the line for each team. The students will have to pass the hula hoop down the line without unlinking their hands. At the count of 3 have both groups start and race each other to see which group can get the hula hoop to the end of their line the fastest.

TUG OF WAR

Set one hula hoop down on the ground and stretch the rope out so that the middle of the rope (denoted by black tape and/or a flag) is in the middle of the hula hoop with the ends stretching out. Have students form two teams, one team on each side of the hula hoop. The goal is to pull the black tape/flag out of the ring formed by the hula hoop.

HELIUM HOOP

Divide students into several groups (5-7 people) and give each group a hula hoop. Students should be able to form a circle around the hula hoop with everyone able to reach the hoop. Each member of a group must hold their pointer finger on each hand, keeping those fingers perfectly straight. Set the hula hoop on top of the circle of fingers. Each student’s pointer fingers must maintain contact with the bottom of the hoop at all times. Hands must stay parallel with the group and participants cannot hook the hoop. The challenge is for the group to lower the hula hoop to the ground without breaking contact between their fingers and the hoop. Without teamwork the hula hoop with ‘fill with helium’ (begin to rise). If any student breaks contact with the hoop, the team must reset the hoop to chest height and try again.