

# 5 LUNCHTIME TEAM BUILDING ACTIVITIES



# 5 LUNCHTIME TEAM BUILDING ACTIVITIES

## INTRODUCTION

Team building is a fantastic way to accelerate relationship building and work on leadership and communication skills. The unique challenges undertaken in team building events create a rich framework for understanding our coworkers and underlying office dynamics. Plus, they're just really fun.

While we wholeheartedly believe in the benefits of professionally facilitated team building, we know that it's not always practical or feasible to have these formalized events throughout the year. This doesn't mean you can't take advantage of smaller blocks of time to practice team building. For this reason, we've put together a list of five fun and engaging team building activities that you can take on during your lunch hour.

For most of these activities, all you'll need are a small set of supplies and a dedicated facilitator to run the activity.

You will find the activities on the pages below, which you can print out individually for the participants. Now go ahead and have some fun getting to know your team just a little bit better!

*If you're looking for a professionally facilitated [team building](#) or [corporate training](#) program, we'd love to talk to you.*

**Adventure Associates** has been creating customized events for some of the country's top companies for over twenty years. We have the experience and expertise necessary to create an engaging and memorable experience for your team.

☎ 800.987.5582

✉ [info@adventureassoc.com](mailto:info@adventureassoc.com)



# ARROWS



## MATERIALS

One cut-out of an arrow, large enough for everyone to see.

## DIRECTIONS

Ask the group to spread out so that each person has an arm's length reach on either side of them. Be sure that everyone has a good view of you as the facilitator (and your arrow).

### Round 1 Instructions:

- I will be showing you an arrow. It will be pointing in one of four directions. Up, Down, To YOUR Left or to YOUR Right (model this).
- In this round, the challenge will be to thrust your arms in the same direction the arrow is pointing and at the same time, say out loud the direction it is pointing.
- Are there any questions?

### Proceed with Round 1:

- Voice and arms should both match the direction of the arrow.
- Celebrate the effort

### Round 2 Instructions:

- In this second round the challenge will be to thrust your arms in the direction the arrow is pointing and say out loud the opposite direction that the arrow is pointing.
- So, if the arrow is pointing left, you thrust your arms left, and at the same time, say, "right".
- Are there any questions?

### Proceed with Round 2:

- Arms should match the direction of the arrow, voice should say the opposite.
- Celebrate the effort

### Round 3 Instructions:

- This time the challenge will be to thrust your arms in the opposite direction the arrow is pointing and say out loud the correct direction that the arrow is pointing.
- So, if the arrow is pointing left, you thrust your arms right and say, "left".
- Are there any questions?

### Proceed with Round 3:

- Voice should match the direction of the arrow, arms should be the opposite.
- Celebrate the effort

# GROUP JUGGLE



## INTRODUCTION

The objective of this challenge is to practice teamwork and communication skills while juggling.

## MATERIALS

- 3 – Similar juggling objects (bean bags or rolled socks) that are easy to toss
- 2 – odd shaped soft object( i.e. stuffed animal, chicken)
- 1 squiggly toy

## SETUP

Keep the bag of objects at your feet and out of sight while introducing the challenge. Bring out each object as needed.

## GUIDELINES

1. Circle up with the group while holding the 3 similar objects in your hands (keep the other 3 objects within easy reach but hidden).
2. Ask the question - How many of you know how to juggle? (Usually a person or two will respond with a yes telling the group what objects they juggle and how many at a time.)
3. Respond with a “wow” or “that’s great” recognizing their talent appropriately and then say “ it makes sense that most of you probably thought that I was referring to juggling objects when I asked the question (nods, laughter, etc. from the group), but what other things do we juggle in our daily lives at work and home?
4. Acknowledge responses to #3 question.
5. Ask the group what it takes to juggle all of those things and be successful.
6. Use their feedback as considerations or suggestions for how we juggle the soft objects as a team successfully. Establish group goal(s) (it is usually “KEEP THE OBJECTS OFF THE GROUND”).
7. Establish the pattern by calling out names, getting each person involved in the juggle. It helps to have people put their hands behind their back once they have been thrown to.
8. Begin juggling with the 1st object, adding the 2nd and 3rd objects when it “feels right”. Add 4th and 5th objects without stopping or stop and discuss effectiveness before introducing objects 4 and 5.
9. When the group has had enough, stop the juggle slowly as the objects are thrown to you. Debrief.

## BACKGROUND NOTES

Michael Moschen, one of the world’s most renowned jugglers, says that balance is an essential skill in juggling. However, balance is not perfect stillness. It’s the ability to make exquisitely refined responses to any unexpected change. Michael has also learned that the most important ingredient to successful juggling is making a good toss.

Team behaviors that relate directly to multi-tasking effectiveness are:

1. The way the group collects and transfers information
2. The way the group prioritizes tasks
3. The way the group manages distributions of task

- The better the team members manipulate behaviors to adapt to change, the more successful they will be at multi-tasking

# TRAFFIC JAM



Four people stand single file, facing four other people also standing single file. The object is for the eight to switch places with a few key limitations. (See Rules)

## TIME FRAME

1-2 minutes to explain directions  
10-30 minutes estimated time to complete

## GROUP SIZE

8 is the optimum group size (any number, odd or even, over 6 will work).

## TEAM FOCUS

Coping with Frustration, Increased Communication, Problem Solving, Individual & Group Accountability

## ACTIVITY INTRODUCTION

Once the group is lined up with the empty space between them, they need to switch sides following the rules.

## LEADER NOTE

Be very clear by covering all of the rules and make sure everyone understands before beginning.

## RULES

1. You can only move forward.
2. You are always facing the same direction.
3. Only one move can be made at a time.
4. You can only move into The Empty Space.
5. You can only jump around a person if they are facing you.
6. You cannot jump more than one person at a time.
7. No marking the floor. The group must keep track of The Space.
8. If the group can no longer move (Traffic Jam) you can call "red light" once to stop, plan and try again.

1 →	2 →	3 →	4 →	Empty Space	5 ←	6 ←	7	□
A	B	C	D	E	F	G	H	I

## SAMPLE DEBRIEF QUESTIONS

- What do you do when the situation becomes frustrating?
- How did your group keep everyone involved?
- What are some of the group's strong points?
- What would you do differently?

# HUMAN BINGO



The objective of this activity is to have the group mingle amongst themselves and learn more about the other players in the group. Each player is given a Human Bingo Card and a golf pencil. The group asks questions to each other collecting the needed information to fill the Human Bingo Card.

## MATERIALS

- Human Bingo Cards (described below)
- Golf Pencils

## COMMON APPLICATIONS

Examining group interaction skills, reflective listening, and information/ knowledge transfer.

## INSTRUCTIONS

1. Each person will have a Human Bingo Card with their name on the front..
2. Players are to approach one other player at a time.
3. They may ask any question and record the answer.

## RULES

1. Players can not put themselves on their own card.
2. Each player can only be used once per card.
3. Players can only be asked one question at a time. If the question is answered “no”, the player may be asked a second question. If the answer to the second question is “no” the visit is ended.
4. Players may “re-visit” other players to ask new questions, as long as 3 minutes has passed since the last visit.
5. Players may not volunteer information. They must be asked a specific question and follow-up question(s).

## BINGO CARDS

To create bingo cards, fill a five by five grid with interesting questions. Here are some questions to get you started:

- Can hold a conversation in another language? What language(s)?
- Knows someone who is famous. Who?
- Has lived in five or more states/countries? Which ones?
- Has a gone to a music concert in the past two years. Which one(s)?

## WATCH FOR...

- How the group mingles, divides, groups
- If the players follow the directions or create their own rules.
- The atmosphere of the activity (competitive, helpful, sabotage, secretive, open/sharing)
- Listening skills of the gatherers. Do they listen to the answers and summaries or take a small piece and move on.

# SPAGHETTI TOWER



## **OBEJECTIVE**

Build the tallest free-standing tower within the time limit with only the resources provided (spaghetti and marshmallows).

## **MATERIALS**

- Two 2-lb bags of marshmallow
- Two 1-lb bags of spaghetti
- Nylon sheet

## **PLANNING TIME (20 MINUTES)**

During your planning time, you can handle the materials, discuss and draw design options. You cannot start construction (no pasta/marshmallow interactions).

## **CONSTRUCTION TIME (40 MINUTES)**

Go for it! See specifications below.

## **SPECIFICATIONS**

- It must be built entirely of spaghetti and marshmallows (nothing else can be used)
- It must be free-standing
- One whole marshmallow must be attached to the top of the tower by the end of the time period