Team Building Exercises

Team building exercises are a good way of laying foundation for building rapport amongst the team. Used with the building trust exercise will help open up conversations across the team.

Truth and Lies

Objective: This great ice breaker game, especially for new teams / team members helps eliminate snap judgements of colleagues, and gives all team members an equal chance to share some facts about themselves. This is a great way to spark conversations regarding common interests / connections.

Time: 10 - 15 minutes
Number of Participants: Five or more people
Tools Needed: None

Instructions:
1. Sit everyone on a circle facing each other.
2. Invite each person to come up with three facts about themselves and one lie. The lie should be realistic instead of extravagant.
3. Ask each person around the circle to state the three facts and one lie in a random order.
4. After each person shares, the others must guess which is the lie.

The Mine Field

Time: 15 – 30 minutes
Number of Participants: Five or more people
Tools Needed: None

Objective: This exercise helps encourage communication amongst each other and begin building rapport.

1. You will need an open space such as an empty room or hallway in which you will distribute ‘mines’ that are placed haphazardly around the area.
2. The ‘mines’ can be cones, balls, bottles etc.
3. Team members are paired into teams of two.
4. One team member will be blindfolded and the other can see and talk, but is not allowed to enter the field or touch their partner.
5. The challenge is for the blind-folded person to walk from one side of the field to the other, avoiding the mines by listening to the verbal instructions of their partners. (NB. Have more than 1 pair walking through the mine simultaneously, so the difficulty of focusing and listening to the right instructions increases).