



## Team Building Resource Guide

### **Purpose:**

Team building is essential in clubs and organizations to create a strong work dynamic between members. This guide will provide tips and resources for student leaders to use when trying to build bonds between team members.

### **Icebreakers:**

Icebreakers are a great way to break the ice between team members, especially those who may be more introverted or unsure of how to socialize with their peers. The following is a list of recommended icebreakers that you can use during retreats, sessions, meetings, and other appropriate functions:

- **Just One Lie:** Participants mingle and ask questions from each other while noting the answers on post-its. But everyone includes one lie. The result is that you have a board of interesting facts about all the participants, among them, one lie. Throughout the workshop you can return to these boards for participants to introduce each other and find out what was the lie.
- **Diversity Bingo:** First, create a bingo card containing a grid of squares with a statement or question in each square that will apply to some members of your group and is in line with the objectives of your class, workshop, or event. After each player gets a bingo card, they mingle around introducing themselves and finding other participants who can sign their cards indicating that a statement applies to them (i.e. “I am a student leader” or “I am a professional chess player”). To avoid having people only talk to one or two people and filling up their card, limit the signatures they can give to 1 or 2 per card. When everyone has reached bingo or is super close, you can share something you’ve learned about each other, yourself and the experience of this icebreaker activity.

- **Group Map:** A great way to get to know each other is to have participants place themselves on an imaginary map laid out in the room representing the country according to where they grew up. Ask them to share one internal value they got from that place, and why is that important for them. Encourage people to share a short story if they want.
- **Two Truths and One Lie:** Each person shares three statements about themselves – two true, and one false. Then, everyone tries to guess which is the lie by asking questions. Try to find out as many details about the statements as possible and watch the speaker’s reactions closely.
- **Unique and Shared:** Create groups of 4-5 people, and let them discover what they have in common, along with interesting characteristics that are unique to a person in the group. As people become aware of their own unique characteristics, they can also help people feel empowered to offer the group something unique.
- **Jenga Questions:** You can spice up a regular tower-toppling contest by writing intriguing questions on each block (or as many as you can). When you draw each block, read the question out loud & answer before placing the piece on the top of the tower. This can ignite exciting conversations about everyday topics like favourite downtime activities to more in depth stuff, like career and self development goals.
- **Line-Up:** This is a quick icebreaking game where players have to form an orderly line without any discussion, or any verbal cues or help at all. Make sure you have someone leading this activity The line is formed by predetermined criteria (like height or color of each person’s eyes, etc.). The tasks can get more complicated the more familiar the group is. This icebreaker helps develop team collaboration and non-verbal communication.
- **Have You Ever?/Stand Up If...:** Prior to the workshop, the facilitator prepares a list of questions which can only be answered with yes or no. These questions should begin with “Have you ever...?” or “Stand up if...”. The facilitator reads out the questions or statements one by one. For each statement the participants stand up if they could answer the statement with yes. The questions should be designed to not be discriminatory, intimidating or insulting. Possible topics can be countries visited, dishes, games or sports tried, movies seen, etc.
- **Speed Dating (but not really *dating!*):** Have people sit in pairs, with colleagues that they don’t directly work with on a day-to-day basis. Determine the time limit (say 3

minutes for each conversation) and set a timer. When it starts, each pair has to start speed networking & find out as much professional info about the other as possible. Get to know you games can sometimes be difficult to manage in large groups. Fun icebreakers like this are great in that each time the buzzer goes off, the pair has to split and find a new partner, again looking for people they know the least.

- **Whose Story Is It?:** Start this ice breaker game by writing your funniest or weirdest story on a small piece of paper. It has to be a true one! Then fold the paper up and drop it into a bowl or other container. The facilitator or the person leading the program randomly reads every story & the group has to guess who the writer is.
- **Find Your Pair:** Prepare word pairs, like salt and pepper, milk and honey, sail and wind etc on separate pieces of paper. Tape one to each person's back. People then have to walk around and ask closed questions (with a yes or no answer) to find out what their phrase is. Once they find out, they have to find their pair & by continuing to ask questions (these can be open or closed) they have to learn 3 new things about the other.
- **Name Game:** Use this icebreaker activity at, or very near, the start of a meeting where people don't know each other to help get to know everyone's names. Have the group sit in a circle where everyone can see the others. The first person says their name. The next person continues, but after saying their own name, they repeat the first person's name. This continues with each person repeating one more name. Reassure people towards the end that it is okay if they get stuck and encourage the others to jump in to help if anyone is lost.
- **Show and Tell:** For more established groups, where people are more familiar with each other, it is always good to dedicate a day, or an afternoon for "Show and Tell". Each team member gets the chance (not all at once of course) to showcase something – an object or a topic that they are interested in. This activity gives less exhibitionist characters a chance to show this side. It is also a great practice to hone presentation skills and handle the attention and tricky questions.
- **One Word Exercise:** Pick a phrase that is central to the topic why you have gathered and have everyone write down or say a word that comes to their mind in relation to it. If you are leading a meeting about planning an upcoming project, ask participants to share one word that they think describes the goal or the processes that are needed. Once everyone

has shared their phrases, discuss the results. This ice breaker helps explore different viewpoints about a common challenge, before starting the meeting.

- **Back To Back Drawing:** Two people should sit facing away from each other. One receives a picture of an object or phrase. Without saying directly what they see, they should describe it to their pair without using words that clearly give it away. Their pair has to draw the specific picture.

For more icebreakers and activities, check out

<https://www.sessionlab.com/blog/icebreaker-games/>.

### **Games:**

In a virtual environment (or even in person!), playing games is a fun way to engage your members. There are plenty of free online gaming platforms you can use, such as:

- Among Us: <https://innersloth.com/gameAmongUs.php>
- Backyard: <https://backyard.co/>
- Bingo: <https://myfreebingocards.com/virtual-bingo>
- Escape Room: <https://www.365escape.com/>
- Jackbox: <https://www.jackboxgames.com/>
- Jeopardy Templates: <https://jeopardylabs.com/> and <https://thetrainingarcade.com/jeopardy-training-game/>
- Scattergories: <https://scattergoriesonline.net/>

### **Watch Parties:**

Watch parties are a fun way of helping your members bond and interact with one another. The following is a list of resources for free watch parties:

- Animal Stream: <https://explore.org/livecams>
- Aquarium Stream: <https://www.ozolio.com/explore/>
- Broadway Shows:  
<https://playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-fro>

[m-home?fbclid=IwAR1ifGykKmgz44a95ccieDUEXCRnGfzHUUu3bH9nCXyDtK1d0HkokL13DGY](https://www.facebook.com/m-home?fbclid=IwAR1ifGykKmgz44a95ccieDUEXCRnGfzHUUu3bH9nCXyDtK1d0HkokL13DGY)

- Concerts: <https://www.billboard.com/articles/columns/pop/9335531/coronavirus-quarantine-music-events-online-streams>
- Netflix Party: <https://www.netflixparty.com/>

## Virtual Tours

Virtual tours can be useful in creating a bonding and educational experience. The following is a list of some online virtual tour platforms you can use for meetings or events with your members:

- Great Wall of China: <https://www.thechinaguide.com/destination/great-wall-of-china>
- Historic Homes: [https://www.housebeautiful.com/design-inspiration/g31677125/historichomes-you-can-virtuallytour/?utm\\_campaign=socialflowFBHBU&utm\\_source=facebook&utm\\_medium=socialmedia&fbclid=IwAR0dH25rYIwUT1-NW3RpyVvmUODfn0qrqyr\\_CI2vvyuE4JNUP501QyuBN\\_dM](https://www.housebeautiful.com/design-inspiration/g31677125/historichomes-you-can-virtuallytour/?utm_campaign=socialflowFBHBU&utm_source=facebook&utm_medium=socialmedia&fbclid=IwAR0dH25rYIwUT1-NW3RpyVvmUODfn0qrqyr_CI2vvyuE4JNUP501QyuBN_dM)
- British Museum: [https://britishmuseum.withgoogle.com/?fbclid=IwAR0nnkIe7FSZp\\_RcSgZAygtu5sHmlsW81MJJaJUYcFEj9EvVFezwM1y45kPU](https://britishmuseum.withgoogle.com/?fbclid=IwAR0nnkIe7FSZp_RcSgZAygtu5sHmlsW81MJJaJUYcFEj9EvVFezwM1y45kPU)
- MOMA, NYC: <https://artsandculture.google.com/partner/the-metropolitanmuseum-of-art>
- The National Museum of Anthropology, Mexico City: <https://artsandculture.google.com/asset/the-national-museum-of-anthropologymexico-city-ziko-van-dijk-wikimedia-commons/bAGSHRdlzSRcdQ?hl=en>
- National Museum of Modern and Contemporary Art, Korea: <https://artsandculture.google.com/partner/national-museum-of-modern-andcontemporary-art-korea?hl=en>
- Van Gogh Museum, Amsterdam, Netherlands: <https://artsandculture.google.com/partner/van-gogh-museum?hl=en>