

GIRL SCOUTS *of Cranford*

Team Building Games

Contributions of Games

By the Senior Girl Scouts as a part of the

Sisterhood Journey

Fall 2014

Stepping Stone

Contributed by Grace, Senior Troop 40299

Level: Ambassadors, Seniors, Cadettes, Juniors, and Brownies

Purpose: Participants learn to work together, communicate, listen, and problem-solve

Materials Needed: Paper squares sized about 5" by 5" (these will be the stepping stones), white or colored tape

Time Required: 20-25 minutes

Group Size: 10-20 people

Procedure:

1. Mark off an area about 15-20 feet long (depending on how many participants there are) with lines of tape. This area will be the "lava bed".
2. Explain to participants that their goal is to get all of their team members safely across the lava bed using only the stepping stones.
3. Give the team half +1 as many stepping stones as the number of people in their team (i.e., a group of 16 or 17 participates gets 9 stones, 14 gets 8, etc.)
4. The first member of holds the stepping stones and places them one by one.

Rules:

- Everyone must reach the other side safely, using only the stepping stones.
 - Should a participant touch the lava bed and not the stepping stones with any part of his/her body, that participant is "dead" and the entire team must start over.
- There can be no piggybacking on top of group members.
- Once the squares touch the lava bed (or the floor of the marked off area), they must be touched by a body part (feet, hand, etc.) at all times or the squares will float away and be lost forever. All lost squares may be collected by the facilitator.
- There is a time limit for the team to complete the activity (i.e., 20 minutes)

Note:

- The facilitator can make penalties for anyone who "dies" in the lava bed (i.e. the whole group starts over and that person is muted/blinded).
- If the group loses too many carpet squares to make it across the lava bed successfully, you can offer the chance to "buy" back a square by everyone or one person doing something ridiculous, such as singing and dancing to "I'm a little teapot".

Source: This game comes from: "The Fear Drag." *Holden Leadership Center*. University of Oregon, 2009. Web. 2 March 2014

<leadership.uoregon.edu/resources/exercises_tips/team_builders/the_fear_drag>

The Fear Drag

Contributed by Grace, Senior Troop 40299

Level: Ambassadors, Seniors, Cadettes, and Juniors

Materials Needed: Blindfolds, 15-30 candies or other small treats, baggies to put their treats in, watch or timer, whistle or noise maker

Time Required: 15-25 minutes

Group Size: 6-40

Procedure:

1. Have participants pair up in groups of 2. Tell them one person is Person A and one person will be Person B. (DO NOT tell them what they are going to do yet.)
2. Give Person A a blindfold and a baggy and ask all pairs to leave the room for the time being. (To make things less confusing Person A will be Jane and Person B will be Sally.)
3. Place the candies around the room in fairly hard to reach spots. Set up chairs and other objects as obstacles. (The set up should be physically safe but still represent a challenge.)
4. Bring the participants back into the room. Have Person A blindfold Person B and grab hold of Person B's arm or shirtsleeve.
5. Tell the teams there are fabulous prizes scattered throughout the room, and it is their job to collect as many as they can within 5 minutes. The hitch:
 - Each pair must remain physically connected at all times.
 - Sally, who is blindfolded, must lead Person Jane (Person Jane can NOT lead Sally.)
 - Sally is the only one who can actually pick up the treats, which she will hand off to her partner to put in the baggy.
 - Person Jane can only confirm in yes or no answers if Sally asks her any questions. (i.e. "Should I move to the left?" or "Will I hit something if I go too many steps?")
6. Blow the whistle to begin the game and blow it again after 5 minutes are up.
7. As each pair to count the number of candies they collected.
8. Tell the team it is time for Round 2, which should last another 5 minutes.
 - This time, Jane can give detailed directions to their partner if they wish.
9. Blow the whistle to begin Round 2 and blow it again after 5 minutes are up.

Notes:

- You can give helpful hints to participants about where to look.

Purpose: Participants learn to work together, communicate

- This game symbolizes how fear affects our efforts to go after what we want. Person A was the part of us with the information; Person B was the physical symbol of fear who was bound to the partner. The treat represented goals we wanted to achieve in life.

- There is always fear in any endeavor, the fear of failure, change, the unknown. Fear slows us down, makes us move more cautiously, so it can rightly be called a “drag” on our movements. But sometimes, we drag our fears around or sometimes it drags us around.
- In Round 1, fear was in control. In Round 2, we were still attached to our fear but this time our intellect was in control.

Source:

This game comes from:

“The Fear Drag.” *Holden Leadership Center*. University of Oregon, 2009. Web. 2 March 2014

<leadership.uoregon.edu/resources/exercises_tips/team_builders/the_fear_drag>

Yarn Game or Spider Web

Contributed by Meghan, Senior Troop 40698

Level: Ambassadors, Seniors, Cadettes, Juniors, Brownies, and Daisy's

Purpose: To get the girls to interact with each other and to start conversations such as what they thought about the meeting or what they want to do next time.

Materials Needed: This game requires a ball of yarn.

Time Required: approximately 15 – 20 mins.

Group Size: Between 5 and 30 members

Procedure:

1. Take a ball of yarn.
2. Make a circle of the girls.
3. Take one end of the yarn string and hold it.
4. Ask a question and throw the yarn to a girl.
5. The girl then answers the question and repeats that until every girl has been asked.

Source:

This game comes from: (<http://www.huddle.com/blog/team-building-activities/>)

Beach Ball Game

Contributed by Meghan, Senior Troop 40698

Level: Ambassadors, Seniors, Cadettes, Juniors, Brownies, and Daisy's

Purpose: To help the girls get to know each other and what their interests are and what they like. The questions can be based on a topic or can cross topics. Different questions can be asked at the beginning of each meeting by taping new questions to the ball.

Materials Needed: This game requires a beach ball, tape, scissors, paper, and a marker.

Time Required: 10 minutes, but varies on troop size and length of answers.

Group Size: Between 5 and 30 members. If you have a large group, split into two groups.

Procedure:

1. Blow up a beach ball.
2. Tape age-appropriate questions to each color.
3. Make a circle of the girls.
4. Throw the ball to a girl. The girls should answer the question in which their dominate hand lands on the ball when they catch it.
5. Then they throw the ball to another scout.
6. The girl then answers the question and repeats until every girl has caught the ball and answered a question.

Source:

This game comes from: (<http://www.huddle.com/blog/team-building-activities/>)

The Puzzle Game

Contributed by Catherine, Senior Troop 40299

Level: Ambassadors, Seniors, Cadettes, Juniors, and Brownies

Purpose: To help see how working together helps complete something quickly in the long run and how everyone is needed to complete the big picture.

Materials Needed: This game requires pencils, colored pencils, scissors, and paper.

Time Required: 20-25 minutes

Group Size: Between 6 and 30 members

Procedure:

1. An already existing picture has been copied and cut up into small pieces
2. Each piece is given to different people along with a larger piece of paper
3. Either individually or with a partner, the larger pieces of paper are to be drawn on to look like a larger version of the piece of the picture given to them. Nobody knows what the other pieces are
4. At the end, everybody works together to see where all of the pictures go, and everybody sees the final product

Source:

This game comes from:

Chowdhury, Rishi. "10 Quick and Easy Team Building Activities [Part 1]." *Huddles Blog 10 Quick and Easy Team Building Activities Part 1 Comments*. Huddle, 2 Sept. 2009. Web. Mar. 2014. <<http://www.huddle.com/blog/team-building-activities>>.

The Blind Shape Game

Contributed by Catherine, Senior Troop 40299

Level: Ambassadors, Seniors, Cadettes, Juniors, Brownies and Daisies

Purpose: To work together and strengthen their teamwork skills.

Materials Needed: This game requires bandanas or the people participating to keep their eyes closed.

Time Required: 20-25 minutes

Group Size: Between 8-25 members

Procedure:

1. Everyone agrees on a shape/something to form into
2. Without being able to see, the group tries to stand in a way that this shape would be formed.

They are allowed to talk to each other

3. The members open their eyes and see how close they are to the desired shape

Source: This game comes from:

Harrison, Maureen. "Confidence and Team Building Games." *USSSP*. US Scouting Service

Project, n.d. Web. Mar. 2014. <http://usscouts.org/games/game_t.asp>.

The Jump Rope Game

Contributed by Amanda, Senior Troop 40903

Level: Ambassadors, Seniors, Cadettes, Juniors, Brownies, and Daisies

Purpose: To learn how to work together as a team and to devise a plan and to go through with it.

Materials Needed: This game requires a very, very, very long jump rope.

Time Required: 20-25 minutes

Group Size: Max 20 to 25

Procedure: All of the girls come together on one side of the jump rope. Two other girls take the ends of the rope and begin to twirl the rope. After that then the different levels begin.

Level 1: One at a time, a girl runs underneath the rope.

Level 2: All of the girls run underneath the rope together.

Level 3: One after the other, a girl runs underneath the rope (no breaks in between)

Level 4: One at a time, a girl jumps the rope and runs out.

Level 5: One after the other, a girl jumps over the rope and runs out (no breaks in between)

Level 6: All of the girls jump together over the rope and run out.

Source: This game comes from: From UCVTS UCTech Freshmen Class Project Adventure

Survival

Contributed by Murielle, Senior Troop 40299

Level: Ambassadors, Seniors, Cadettes, Juniors, and Brownies

Purpose: Participants learn to use their leadership skills and trust each other.

Materials Needed: Circular Pieces of paper cut in sizes ranging from a diameter of five to 12 inches, ten to twenty blind folds, a start and an end point, and a hallway about twenty feet long.

Time Required: 30 minutes

Group Size: 10-20 people

Procedure:

1. Players cover their eyes with blindfold
2. One player directs the other player going through the maze until they reach the end
3. Once all players reach the end line of the maze the game is completed

Rules:

- Players going through the maze **cannot** talk
- When players touch the pieces of paper with any body part they stay frozen until another player touches them
- Players cannot move unless directed
- All players must reach the end of the maze in thirty minutes

Note:

- More than one person can direct others
- More than one person can go through the maze at a time

Source:

This game comes from:

Hillside Avenue School Peer Leaders

Stick It

Contributed by Murielle, Senior Troop 40299

Level: Ambassadors, Seniors, Cadettes, Juniors, and Brownies

Purpose: Participants use their patience and leadership skills to attempt to complete a seemingly simple game.

Materials Needed: One light weight yard stick.

Time Required: 5 to 10 minutes

Group Size: 6-12 people

Procedure:

1. All girls bend down and place only their two pointer fingers under the yard stick.
2. Girls lift the stick up and above their heads.
3. If fingers come off the stick, the girls must start over.

Rules:

- Both fingers of every girl must be touching the stick at all times
- Fingers cannot be placed above the stick

Source:

This game comes from:

Hillside Avenue School Peer Leaders

Balloon Game

Contributed by Amanda, Senior Troop 40903

Level: Ambassadors, Seniors, Cadettes, Juniors, Brownies and Daisies (Level of difficulty of relay maze varies from age group.)

Purpose: To communicate with your partner and learn how to agree and formulate a good-working strategy.

Materials Needed: For the balloon game we need a lot of balloons (depending on how many girls we have for the pairs).

Time Required: 5 to 10 minutes

Group Size: Any Sized Group

Procedure: Once the girls are in their groups, the girls divide into pairs. After the girls are in pairs they are given a balloon and they have to balance it in between their stomachs.

Step 1: The balloon is placed in between the girls' stomachs

Step 2: The pair sets a goal of the number for the number of drops of the balloon

Step 3: The pairs have to walk around the room without dropping the balloon or trying to beat their goal

*Girls are allowed to "hug" or hold on to each other.

Source: This game comes from: From St. Michael School Jump Rope for Heart

Interlock

Contributed by Gabrielle, Senior Troop 40299

Level: Ambassadors, Seniors, Cadettes, Juniors, Brownies and Daisies

Purpose: Icebreaker

Materials Needed: None.

Time Required: You can play for however long you want.

Group Size: 10-30 members. The more members, the more fun.

Procedure:

1. Everyone interlocks arms with a partner.
2. Two girls are not interlocked.
3. One of the two girls not interlocked chases the other girl not interlocked.
4. The one girl being chased has to connect with another group
5. The girl on the other side of the group being connected with is not connected to the group anymore and is now chased off (bumped off the island).

Source: This game comes from: Hillside Avenue School Peer Leaders

Shoe Lace Communication:

Contributed by Gabrielle, Senior Troop 40299

Level: Ambassadors, Seniors, Cadettes, Juniors, and Brownies

Purpose: To build communication between troops.

Time Required: 10 to 15 minutes, depending on when they finish

Group Size: 5 to 30 minutes

Procedure: This is to build communication because everyone ties shoes differently

1. Everyone sits in a circle (preferably on chairs).
2. Girls cannot talk but can use hand signals to communicate.
3. Girls must tie their right shoe to the person on their right left shoe and their left shoe, to the person on their left.

Source: This game comes from: Hillside Avenue School Peer Leaders