

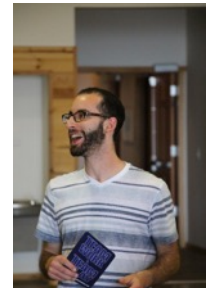
The Teamwork & Teamplay Top Ten Do-It-Yourself Teambuilding Activities

The Best of the Best from Author Jim Cain

At least once a month someone asks me where to find teambuilding activities that they can facilitate themselves for a group in the near future. When this happens, I like to recommend activities that even a first time facilitator can present successfully. I've written sixteen books (so far) and from these, I've pulled my favourite DIY teambuilding activities. If you enjoy the activities you might consider purchasing the books that hold these (and many more) outstanding teambuilding activities or purchasing the equipment for these activities from www.training-wheels.com.

1. The Big Question

This is the best icebreaker I know. Participants hold a card with a question written on it, find a partner, answer their partner's question, trade cards and move on to a new partner by holding their card in the air (to show they are looking for a new partner).



Books that have this activity include: *Essential Staff Training Activities* (www.kendallhunt.com), *100 Activities That Build Unity, Community & Connection* (www.healthylearning.com) and the *Teamwork & Teamplay International Edition* (www.training-wheels.com). Purchase the *T&T Training Cards* (with this activity and 16 others) from www.training-wheels.com. These cards have over 155 great questions perfect for The Big Question.

2. Peteca

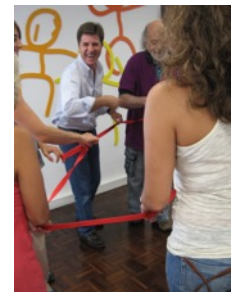
This unique Brazilian-inspired game is played in a circle of ten people with the goal of keeping the feathered 'bird' in the air for twenty-one hits, using a variety of techniques, including: playing with one hand, standing on only one foot, clapping three times after hitting the bird, high five a neighbour after each hit, etc.



Books that have this activity include: *Teamwork & Teamplay* (www.kendallhunt.com), *Essential Staff Training Activities* (www.kendallhunt.com), *100 Activities That Build Unity, Community & Connection* (www.healthylearning.com) and the *Teamwork & Teamplay International Edition* (www.training-wheels.com). Purchase *Petecas* (funderbirds) made by Teamwork & Teamplay from www.training-wheels.com.

3. Raccoon Circles

With this simple prop you can facilitate over 200 different activities, from icebreakers to team challenges to unique debriefing activities. Some of my favorite Raccoon Circle activities include: *Wrapped Around My Finger*, *My Lifeline*, *Twice Around the Block*.



Books that have Raccoon Circle activities include: *The Revised and Expanded Book of Raccoon Circles* (www.kendallhunt.com), *Rope Games* (www.training-wheels.com), *Teamwork & Teamplay* (www.kendallhunt.com), *Essential Staff Training Activities* (www.kendallhunt.com), *100 Activities That Build Unity, Community & Connection* (www.healthylearning.com) and the *Teamwork & Teamplay International Edition* (www.training-wheels.com). You can purchase Raccoon Circles (15 feet of tubular climbing webbing) from www.training-wheels.com. You can also download a free compilation of Raccoon Circle activities from the T&T website at: www.teamworkandteamplay.com/resources.html

4. The Bobsled Team

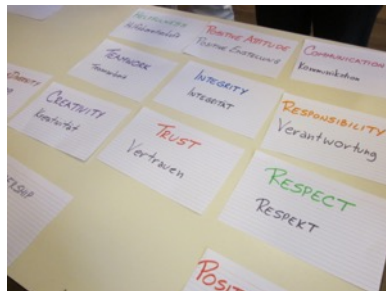
Teams of four people form a line and trade places based upon three commands from their coach (facilitator). Change (the first person in line moves to the last position). Switch (participants in position two and four change places). Rotate (everyone turns 180 degrees). As the game continues, the commands get more complicated.



Books that have this activity include: *Find Something To Do* (www.training-wheels.com), *Essential Staff Training Activities* (www.kendallhunt.com), *100 Activities That Build Unity, Community & Connection* (www.healthylearning.com) and the *Teamwork & Teamplay International Edition* (www.training-wheels.com). No props are needed for this activity.

5. Match Card

This version of the memory game inspires groups to complete the game and then discuss the words of character written on the cards in what can be a profound reviewing session. Include 12 word pairs that have meaning for your group, such as: teamwork, leadership, communication, trust, respect, cooperation, safety, appreciating diversity.



Books that have this activity include: *Essential Staff Training Activities* (www.kendallhunt.com), *100 Activities That Build Unity, Community & Connection* (www.healthylearning.com) and the *Teamwork & Teamplay International Edition* (www.training-wheels.com). You can use the *T&T Training Cards* for this activity, available from www.training-wheels.com.

6. The Story of Your Name

This activity invites everyone to share the story of their name and creates an atmosphere of respect.



Books that have this activity include: *Find Something To Do* (www.training-wheels.com), *Essential Staff Training Activities* (www.kendallhunt.com), *100 Activities That Build Unity, Community & Connection* (www.healthylearning.com) and the *Teamwork & Teamplay International Edition* (www.training-wheels.com). No props are needed for this activity.

7. Walking & Talking

This active icebreaker invites partners to link elbows and walk together as they find three things they have in common.



Books that have this activity include: *Find Something To Do* (www.training-wheels.com), *Essential Staff Training Activities* (www.kendallhunt.com), *100 Activities That Build Unity, Community & Connection* (www.healthylearning.com) and the *Teamwork & Teamplay International Edition* (www.training-wheels.com). No props are needed for this activity.

8. Bull Ring Candelabra

Using a metal ring with twelve strings attached, groups transport a tennis ball and eventually place it on a PVC candelabra with other groups. An amazing activity to finish your teambuilding program.



Books that have this activity include: *Essential Staff Training Activities* (www.kendallhunt.com), *100 Activities That Build Unity, Community & Connection* (www.healthylearning.com) and the *Teamwork & Teamplay International Edition* (www.training-wheels.com).

9. Sunny Side Up

Participants use a standard plastic tarp or table cloth to toss a tennis ball into the air, turn over the tarp, and catch the ball on the way back down. Timing, teamwork, communication and problem solving are all required to do this successfully.



Books that have this activity include: *Essential Staff Training Activities* (www.kendallhunt.com), *100 Activities That Build Unity, Community & Connection* (www.healthylearning.com) and the *Teamwork & Teamplay International Edition* (www.training-wheels.com).

10. The Virtual Slideshow

This debriefing/reviewing activity uses a clicker (or TV remote control) to ‘show’ imaginary images of the day’s program while participants narrate what they see in the pictures they present.



Books that have this activity include: *Find Something To Do* (www.training-wheels.com), *Essential Staff Training Activities* (www.kendallhunt.com), *Teamwork & Teamplay* (www.kendallhunt.com), *100 Activities That Build Unity, Community & Connection* (www.healthylearning.com) and the *Teamwork & Teamplay International Edition* (www.training-wheels.com).

In addition to the individual activities presented here, you can purchase a variety of individual teambuilding props or adventure kits created by Jim Cain and Teamwork & Teamplay from www.training-wheels.com, including:

Games That Change the World Kit – featuring activities from the *Teamwork & Teamplay International Edition* (with 16 language translations inside the same book!)

The Rope Games Kit – featuring activities from the book *Rope Games* by Jim Cain.

Other teambuilding props created by Jim Cain available from training-wheels.com include:

Lycra Tubes	Teamplay Tubes	Marble Tubes	Water Tubes
Blind Shapes	Jigsaw Puzzles	Raccoon Circles	Debrief Clickers
Boardwalkers	FSTD Bandanas	Lycra Blindfolds	Magic Carpets
3-D Bull Rings	Goin’ Fishin’ Tool	Petecas (Funderbirds)	2B or Knot 2B
T&T Cards	The Puzzle Cube	The Basic Cube	T&T Books

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