



Teamwork Building Activities

Overview and Purpose

The primary goal for teamwork building activities is to remind your organization's members the importance of working together, to develop a better understanding of those with whom you share your organization, to recognize each other's strengths and weaknesses, and to enhance your member's communication and listening skills.

Activities

Bequeath

- Purpose:** To show the importance of working together and to develop a better understanding of those with whom you share your organization
- Materials needed:** 1 piece of paper for each member and pens
- Time needed:** Depending on the number of members in your organization, this activity can take anywhere from 10-20 minutes to complete.
- How:** Seat all participants in a circle. Ask each member to fold a piece of paper into five sections. In the first section, each member writes his/her name and folds over the section so one can see it. The member then passes the paper to the right. The next person writes an adjective describing the person and duplicates the folding process. In the third section the next person in the circle writes an object he/she would like to leave to someone and repeats the fold-pass procedure. The final person writes a hope for the use of an object (e.g. to be used to nurture him/her back to health; to be a good luck charm for acing an exam; etc.). The final pass is then completed and the will is read in its entirety with this saying:
"I, (read 1st fold), being of (read 2nd fold) sound body and mind, do hereby bequeath (read 3rd fold) to.... (read 4th fold) in hopes that he/she....(read 5th fold)."

M&Ms

- Purpose:** Good exercise for interaction and communication for the group; listening skills are enhanced.
- Materials needed:** A bowl of M&Ms, Skittles, or other multi colored candy
- Time needed:** 1 minute per member
- How:** Pass around a bowl of the candy you have selected. Ask each person to take as many as he or she would like. Explain that for each colored candy they must relate to the group something from the topic you have assigned to the color. Suggestions:
- Red:* A memorable moment in the organization
 - Orange:* A family highlight
 - Yellow:* A thank you to someone in the organization for something he or she has done
 - Green:* A feeling the holder is experiencing and why
 - Brown:* An animal and why he or she likes it



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Continue around the group until all have discussed each candy and the topic that go with it.

Variation: Feel free to change the topics to items that your organization might need to work on. For example, you could have a color mean something that they would like to improve about your organization or something that they like about the organization, etc.

Awards Ceremony

Purpose: To have individuals recognize others and their strengths; promotes interaction and knowledge of other's accomplishments and contributions.

Materials Needed: Names of each of your organization's members on separate, folded pieces of paper. A hat, box or other container that can hold each member's name.

Time Needed: 1 minute at the meeting; additional preparation time required for responsible member.

How: Ask a member to draw a name out of the hat at the end of your regular meeting. That member is responsible for presenting an award to the member's who name he or she drew.

Variation: Ask each member to draw a name and hold a longer awards ceremony at the meeting the following week.