

Team Building Activities

No Cost

- **Affirmation Week:** Post a poster-sized piece of paper with the name of each team member on the top of page in a common area. Instruct all team members to write on each team member's paper throughout the week. Folks should write anonymously: one thing they: 1) respect, 2) a skill they appreciate, and 3) something they admire for each team member. At the end of the week, read each person's affirmations. Encourage folks to post or keep papers as a reminder of how awesome everyone thinks they are.
- **Snowball Fight!:** Write each team member's name on a strip of paper. Put names in a hat, shake it up, have each person select a name. Give each person a half-sheet of paper. Have folks write the name of the person they selected (not their name!) and one thing they: 1) respect, 2) a skill they appreciate, and 3) something they admire for the person they selected. When everyone is done, have folks crumple their paper into a 'snowball' and throw it into the middle of the room at the same time. Instruct folks to grab a 'snowball' closest to them. Go around the room and have folks read their snowball starting with the name of the person selected and their affirmation. The 'snowballs' can be given to the person it was written for as a reminder that they are appreciated.
- **Photography Scavenger Hunt-** plan an easy scavenger hunt around the office by listing general categories of things to find such as: something pink, something with wheels, a furry item, a cold item, etc. Break into small teams for the scavenger hunt and have teams take photos of the items they find, then bring the full team together to share their photos.
- **Picnic or Potluck-** plan a themed picnic or potluck lunch with your team. Take it a step further and see if your cultural department can share traditional food recipes.
- **Game Day-** ask each of your team members to bring some games they enjoy playing from home and take turns playing games together! Try to prioritize games that are silly or that require the full team to work together.

Low Cost

- **Movie Day-** spend a day with your team watching movies in the office. Buy candy and popcorn and bring a variety of spices and toppings so everyone can make the popcorn their own.
- **Pizza Party-** order in pizza for your team at lunch.

Medium to High Cost

- Escape Room- take your team to an escape room for a few hours of working together.
- Field Trip- take your team on a field trip to a local attraction such as a museum, botanical garden, or historical site. Call ahead and see if private tours are offered.
- Trivia at Work- invite a trivia company to your office or take your team out for trivia night.
- Bowling/ Arcade Day- take your team bowling or to an arcade and give each member some money to play games with.
- Hire a team building consultant- find someone that can organize a full day of activities to help your team have fun and build camaraderie.

