

Team Building Activities, Initiative Games, & Problem Solving Exercises

[Helium Stick](#)

Deceptively simple teamwork activity. Form two lines facing each other. Lay a long, thin rod on group's index fingers. Goal: Lower to ground. Reality: It goes up!

[Toxic Waste](#)

A popular, engaging small group activity. Equipped with a bungee cord and rope, a group must work out how to transport a bucket of "Toxic Waste" and tip it into the neutralization bucket. Can be used to highlight almost any aspect of teamwork or leadership.

[Mine Field](#)

Objects are scattered in an indoor or outdoor place. In pairs, one person verbally guides his/her partner, a blindfolded person, through the minefield.

[Zoom](#)

A group tries to create a unified story from a set of sequential pictures. The pictures are randomly ordered and handed out. Each person has a picture but cannot show it to others. Requires patience, communication, and trying to understand from another's point of view in order to recreate the story's sequence.

[Pipeline/Gutter Ball](#)

A fast paced activity that can be modified to suit age and setting. Each participant gets one gutter or half pipe tubing. The object is to move a marble or assorted size balls using lengths of guttering from point A to point B without dropping them.

[Keypunch](#)

A powerful teambuilding exercise for medium sized groups. Participants must touch the randomly placed numbers, in sequence, within a given time frame in multiple attempts.

[Warp Speed](#)

A team building exercise based on the icebreaker "[Group Juggle](#)". Groups are challenged to juggle as fast as possible. Invite group to "tender" a time they can deliver.