

TEAM BUILDING CHEAT SHEET



Campus employment is a great way to grow your leadership skills. As a peer leader, you may be responsible for creating a sense of community and team building.



**TEAM BUILDING ACTIVITIES HELP A GROUP
DEVELOP THEIR COLLECTIVE:**

Communication ● Motivation ● Problem-Solving
Creativity ● Trust

Not sure how to get started? Here's a quick list of team-building activities to try out at your next staff meeting!

Icebreakers

Icebreakers get the conversation rolling at the top of a meeting

Stand Up If...

A facilitator reads questions and if the participant can answer the question with a "yes" they stand up (or use the Raise Hand button on a virtual meeting)

Questions can be about travel, family, pets, hobbies, sports, and more! Keep questions general and not too personal.

High, Low, Buffalo

Every participant shares their highlight from the day, their low from the day, and their "buffalo" — something fun or random!

Energizers

Low energy? Low motivation? Use an activity to re-engage the group

Creating Collaborative Drawings

Have each person draw a shape, and then pass their drawing to the left. The next person will then add something onto the shape to try and create a picture. Continue this for a few rounds and then enjoy looking at your collaborative drawings to see what you created!

Rock, Paper, Scissors Tournament

Create a Rock, Paper, Scissors bracket: pair team members up for rounds of games. As folks are eliminated, you'll end in a showdown to the ultimate champ!

Strengtheners

Build the bonds of community and trust with these activities

Examining Your Values

Have each person write something they value (family, success, friends, etc.) on 10 separate pieces of paper. Set a timer for 20 seconds and ask them to remove the three they value the least. Repeat this twice more so they are left with one value.

Open discussion to see if people were surprised by what value they had left and why it matters to them to help participants understand each other better.

Create a Vision Board

Have participants create a vision board (on paper, Canva, or Jamboard). This could be a vision board related to any theme (work, academics, personal, etc).

Encourage participants to share their vision board with each other to build connections and strengthen bonds.

***Check out this site for more ideas and instructions:
<https://www.sessionlab.com/library/team>***

