

Soft-Train



*At Soft-Train
Technology Works*

More Quick Team-Building Activities for Busy Managers (2 Days) ST00105

COURSE GOAL: This class will provide students with 50 new exercises that can be conducted in 15 minutes or less.

PREREQUISITES: None

LEARNING OBJECTIVES:

Upon completion of this course the student will be able to:

- Building new teams and helping teams with new members.
- Finding creative ways to work together and solve problems.
- Increasing and improving communication.
- Keeping competition healthy and productive within the team.
- Dealing with change and its effects: anger, fear, and frustration.

KEY TOPICS:

I. How to Run a Successful Team-Building Activity

- A.** Before: Select a Pertinent Activity For Your Team
- B.** Before: Prepare For Your Team-Building Activity
- C.** During: Explain The Activity To The Team
- D.** During: Check For Understanding Before Beginning
- E.** During: Run The Activity
- F.** During: Debrief The Activity
- G.** After: Reinforce the Learning Back On The Job

II. The Activities

- A.** Bet You Didn't Know This
- B.** Cell Phone Rings
- C.** Haiku
- D.** Hangman
- E.** Heads Or Tails
- F.** Human Poker
- G.** I Am...
- H.** Kids' Stuff
- I.** Pennies and Dice
- J.** Scramble
- K.** Word Count

III. Battling: Games that Teach Healthy Competition

- A.** Balloon Battle
- B.** Chopsticks
- C.** Cotton Balls
- D.** Higher Lower
- E.** Marshmallow Dodge Ball
- F.** Snake Eyes
- G.** Tablecloth
- H.** Tall Towers

- I. Team Scores
- J. Unshuffle

IV. Teamwork: Challenges That Require Cooperation

- A. Buttermilk Line
- B. Connections
- C. Crossing The Line
- D. Dollar Bill
- E. House
- F. Letter #27
- G. License Plates
- H. One Syllable
- I. Puzzled Vision
- J. Reach For The Stars
- K. Stick In The Middle

V. Creativity: Challenges that Encourage Out-Of-The-Box Thinking

- A. ABCS
- B. Failure Strategies
- C. Fishbowl
- D. Fist
- E. Job Titles
- F. Monsters
- G. Newspaper Costumes
- H. Secret Agenda
- I. Statue Maker
- J. The Swamp