

## Team-building Activities for the Workplace

It is a good idea for managers to arrange team-building activities, especially when several new employees have just been hired. Team-building exercises and icebreakers allow employees to become more comfortable with one another, while at the same time teaching everyone the value of working in a group environment.

### Two Truths and One Lie

In this activity, have each employee write down two truths and one lie about themselves on a piece of paper. Make sure no one shares which of their statements are true and which one is false.

After everyone has completed this task, go around the table and have each person read all three statements aloud. As a team, try and determine which ones are true and which is the lie. Then, have the person who wrote the statements share which ones are true.

This exercise helps coworkers learn a little about each other, while at the same time easing any tensions and “breaking the ice.”

### Picture “Puzzle”

In this exercise, take a copy of a popular photo, painting or cartoon and cut it into enough pieces so each person has one. Also give each person a large square of paper, measuring approximately 10 inches by 10 inches.

Without showing each other what their piece looks like, instruct each person to recreate their image on the piece of paper. After everyone has finished, ask them to come together and put the pieces back together and create the full-sized image.

This exercise promotes teamwork and also shows how each person contributes to the group as a whole.

### The Memory Game

Divide your employees into groups of three or four, depending on how many there are. Place a simple drawing that you have done (maybe of a tree with fruit in it or of a house) in the middle of a table, equal distance from each group.

Allow one person from each team to view the drawing for 10 seconds. They must then return to their group and instruct their teammates on how to recreate the drawing, without drawing anything themselves. Give each team 30 seconds to one minute to complete the task, then let them compare their completed drawings with your original.

This activity will teach the importance of leadership and working together as a team.

## A New Take on Bingo

Create a bingo board, but instead of using numbers, fill each space with facts about employees. You can do something that is specific to one employee, such as the ability to speak a certain language, or something more general, such as having a pet dog.

Let employees mingle in a conference room for 10 or 20 minutes, trying to fill every space on the board by meeting people who fulfill what the space says. This exercise lets employees get to know each other better.

## Back to Back

Have two employees sit with their backs facing each other. Give one person an object, like a stapler or calculator, and the other person a piece of paper and pencil. The person with the object must give the other person directions on how to draw the item they are holding without revealing what it is.

Once the process is complete, allow the two people, and others who are watching, to see both the object and the drawing. This activity will help improve communications between employees.

### Resources

- American Psychological Association: [www.apa.org](http://www.apa.org)
- The Human Factors and Ergonomics Society: [www.hfes.org](http://www.hfes.org)

Here when you need us.

Call: 844-207-5465

Online: [guidanceresources.com](http://guidanceresources.com)

App: GuidanceNow<sup>SM</sup>

Web ID: LivingME

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