

Ice Breaker ~ Team Building ~ Having Fun

Concentration

If your team is feeling [drained and stressed](#), this fun exercise is a great way to refresh and energize them. It doesn't require much time and the recommended group size is 10-20 people.

1. Participants will need to form two equal lines facing each other.
2. The game starts when one line turns around, giving the second line 40 seconds to change 10 things about themselves. This can include anything from jewelry or clothing being swapped with other people, untied shoelaces, a different hair do, or a switched watch or ring to the other hand. All changes must be something the other group can see.
3. After 40 seconds, the first group turns around and tries to find all the changes the other group made.
4. Once the changes have been recognized, the groups switch, giving each team a chance to make changes.

This game will stimulate the participants' minds and challenge their memory. Incorporate this activity when a lack of energy is apparent.

Share Gratitude

Sharing your gratitude within the group is a great way to improve group dynamics and relieve stress.

Purpose

The [expression of gratitude](#) decrease stress and illness and increases sleep and happiness. Frequently, people have a tendency to focus on what is negative about their lives or what is missing. This game of gratitude "[Pictionary](#)" is a great way to share within the group what everyone is grateful for.

Materials

You will need the following:

- Two large pads of paper on an easel or two white boards
- Markers or dry erase markers
- Timer

Instructions

1. Divide into two teams.
2. Have each player write on slips of paper several things for which they are grateful and hand their slips to the other team.
3. Each player takes turns drawing a slip from the opposing team and attempting to draw it on the pad or white board while their teammates attempt to guess what they are drawing. Each round allows the team two minutes to draw and guess appropriately.
4. Award one point for each time the team gets the image right. The team with the most points wins.

Liars Gratitude

Instructions

1. Divide into two teams in 2 rows ,evenly facing another person.
2. Have each player write on slips of paper 1 thing for which they are grateful and hand their slips to person to the right.
3. Each player takes turns either reading the slip from the opposing team or making up a lie.
4. Opposing person must guess if it is truth or lie.