

# Team builders



**BACK TO BACK:** Every group member must find a partner of approximately equal height and weight, if possible. The partners will lock arms with their backs to one another. With arms remaining locked at all times, the partners will sit down on the ground, kick their legs out straight, and try to stand back up. Then groups of four will try the same thing. Then groups of eight, 16, and eventually, the entire group together. This is the perfect activity to begin a trust sequence.

**HUMAN KNOT:** The group starts out in one or two tight circles. Everyone in the group reaches across the circle with their right hand to grab another group member's right hand. The group then reaches in with their left hand to grab a different group member's left hand. The object is to untangle the group without letting go of hands until a circle is formed. If the group is having extreme difficulty, you can administer "knot first-aid" and break one set of tangled hands (with group consensus), otherwise group members may not let go at any time. You may have to decide as a group that the knot is not solvable, after prolonged attempt. NOTE: Can have group do without talking if they are advanced enough.

**MACHINE GAME:** The object of this game is to create a machine out of a group of people (i.e. ceiling fan, hot air balloon, watch, etc.). You might want to split your group into two or three smaller groups. Each person is required to be accountable for one noise and one motion of the machine. The group members should then put their motions and sounds together to create the machine. Give each group about five minutes to work together and prepare, and then have the groups present to everyone. Ask the other groups to guess what machine the group is.

**PRUI:** The purpose of this game is to integrate group members and build trust and communication. Have each player take a blindfold and spread out on the floor. Ask those who feel comfortable to put their blindfolds on. Explain that you will tap someone on the shoulder; that person will be the "Prui" and will take off his/her blindfold. (None of the other players will know who the Prui is. Everyone will mingle around slowly (with bumpers up). Each time a player bumps into someone, they should shake his/her hand and ask, "Prui?" If the person says "Prui," they are NOT the Prui. If the person does not answer you back, they ARE the Prui. Once a player finds the Prui, he/she should join hands with him/her and take off his/her blindfold. That person is now part of the Prui, so if someone bumps into him/her, they should NOT respond, so that person knows to join the Prui as well. Everyone will continue mingling around until they find the Prui chain. When everyone is part of the chain, the game is over. NOTE: This is a high-trust activity, and should be done at an appropriate time.