

Team Building options specification sheet: Team building games



Peg Game



Spiders Web



Shape-Shifters



Grade:

- ✓ Low physical endurance, light team / leadership exercise.

Instructor ratio: 1:6

Time forecast: 2½ - 3 hours - can be extended. Individual games or a series of games.

Space / area required: Wooded area / extended grounds

Methodology: This activity can be used to develop team work and leadership skills or as a fun session. It is designed to be competitive as this adds some pressure to the groups; enabling some teamwork skills to be tested. The group will be split into small teams to complete a series of small team tasks such as the [Spider's Web](#), [Peg Game](#), [Shape-Shifter](#). To successfully complete the tasks the participants will be using decision-making skills, negotiating skills, sense of balance and sense of humour.

None of the tasks are very physical, but all require the groups to work as a team.

Trust in your group is very important and if it was a bit shaky at the beginning it will be much stronger at the end.

Outcomes: This exercise develops:

- ✓ An understanding of team roles
- ✓ The ability to listen to other people's ideas.
- ✓ The ability to put forward own ideas.
- ✓ Negotiating skills.
- ✓ Group problem solving skills.
- ✓ Tackling new tasks as a team outside the usual work environment.
- ✓ Trust and the ability to give and receive support.