1. **Drop the Ball**  
Time: 10–12 minutes | Purpose: Cooperation and healthy competition | Participants: Small groups | Materials needed: Golf balls, straws, tape  

Instructions:  
- Each small group receives 12 straws and 18 inches of masking tape. They get ten minutes to build a container that will catch a golf ball dropped from about ten feet.  
- Each group selects a “ball dropper” — that person stands on a chair, holds a golf ball at eye level. That group places its container on the floor under where it thinks the ball will land. Each group gets three attempts.  
- The group that gets a ball to go in and stay in its container wins.  

Desired outcome: Teams can use their experiences in the game to overcome work problems and relational issues.

2. **Ten Ways to Kill a New Idea**  
Time: 2–3 minutes | Purpose: Keep meetings positive | Participants: All | Materials needed: Poster paper, markers  

Instructions:  
A list of negative phrases and words is posted in the meeting room. During meetings, anyone who uses any of the “idea killer” phrases must put a quarter in the “nega-jar.” When enough money is collected, it can be used for something positive – buying the team lunch, donating to a local charity, etc.  

Desired outcome: Team members learn to offer suggestions in positive ways.

3. **Animal Game**  
Time: 1–2 minutes | Purpose: Break from the ordinary, communicate in new ways | Participants: Teams of Two | Materials needed: None  

Instructions:  
Each person tells a partner what animal they would be if they could be an animal; they can’t talk or write, but must only act and sound as that animal.

4. **Hit the Mark**  
Time: 10 minutes | Purpose: Relieves stress and demonstrates the power of team encouragement | Participants: All | Materials needed: Pieces of paper, mark, tape (prizes optional)  

Instructions:  
Place a poster high up on a wall. One person runs across the room and jumps up, placing a mark as high as they can. Then they are told to try again but place it higher. This continues until the person is absolutely convinced they can’t reach any higher. Then the team is told they will be rewarded (ice cream, longer lunch hour, etc.) if they can get this person to make the mark higher. However, they cannot do it for the jumper and can’t touch them or provide a chair or other booster — they can only do this through encouragement.
5. I Admire Others
Time: A few minutes | Purpose: To develop models of behavior | Participants: Any number of players | Materials needed: Paper and pen

Instructions:
Everyone writes on a piece of paper the words, “I admire others who ...” The game now has four steps:

1. Instruct players to think of people they admire and why.
2. Give the players one minute to finish that sentence. Ask them to use positive language; for example instead of writing, “I admire others who are not negative,” write “I admire others who are positive.” They are to continue to write free form for one minute without regard to punctuation, grammar, or spelling — just a constant flow of thoughts as they think of others they admire.
3. Have a few volunteers read what they wrote starting with the introductory words, “I admire others who ...”
4. Now ask that they draw a line through the words, “I admire others who ...” and insert these words: “I am powerful when I ...” Ask volunteers to read again, this time using the new introductory words.

Desired outcome: Participants understand that what they most admire in others they can do themselves. It encourages others with simplicity and ease to be the best they can be.

6. Flower Garden Gift
Time: Half-day or longer | Purpose: Do something meaningful for others | Participants: The whole team can play | Materials needed: Varies

Instructions:
Everyone writes on a piece of paper the words, “I admire others who ...” The game now has four steps:

1. Select a site where a garden can be planted. This could be outside the building where the team works or at a school, hospital, nursing home, playground, community center.
2. Gather the necessary materials — digging tools, seeds, water, fertilizer, plant food, etc. and create a flower garden.
3. Variations of this game can be painting a room, decorating a wall, serving food at a shelter, or any other deed the whole team can do together to bring joy to others.
4. Now ask that they draw a line through the words, “I admire others who ...” and insert these words: “I am powerful when I ...” Ask volunteers to read again, this time using the new introductory words.

Desired outcome: The amazing uplift one experiences when we give without thought of getting.
7. Nerf Ball Break
Time: Seconds to minutes | Purpose: Stress reliever, team energizer | Participants: Any number of players | Materials needed: One or more nerf balls

Instructions:
- Throw a nerf ball at someone. They can respond or not. You can have just one ball per team, or everyone gets one.
- A variation of this game is to throw the ball only to signal a particular event. For example, if your team hates to get a certain question on a call like, “do you mow lawns?” or every time they make a sale, they get to throw a nerf ball.

Desired outcome: Adds fun, lightens up the atmosphere, and connects team members.

8. Walk this Way
Time: 10-15 minutes | Purpose: Encourages risk | Participants: All can play – one at a time | Materials needed: Music

Instructions:
Instructions: Everyone stands in a room leaving a path through the middle of the group. One person at a time walks or dances through the path from one end to the other. Each person in turn must follow, but each walk or dance step must be different than any that have been done before.

Desired outcome: As one person said, “After you’ve behaved like an idiot, for the rest of the day you’ll take any risk to get the job done!”

9. Tailgate Party
Time: 1 hour plus | Purpose: Reward for job well done | Participants: Everyone | Materials needed: Food, truck, music, sports equipment

Instructions:
For lunch, have a party in the parking lot using the tailgate of someone's truck. Provide food; let the radio blast music, have Frisbees or other sports paraphernalia, and play ball!

Desired outcome: A time to relax and recharge mentally and physically

10. Hula Hoop Fortune
Time: Less than a minute | Purpose: Stimulate creativity | Participants: All can play | Materials needed: Paper and pens

Instructions:
Pretend you have just inherited a warehouse full of hula hoops. In 30 seconds, write what you would do with them. Share ideas when done. Now turn to the “real” problem you're trying to solve.

Desired outcome: Break up tension and blocked thinking
11. Whaddya Know?
Time: A few seconds | Purpose: Reinforce knowledge, liven up a boring meeting | Participants: Any number can play – one at a time | Materials needed: List of questions

Instructions:
- Bring a list of ten questions to a meeting. They can be questions about your business, the people you serve, your products — things your team should know but nothing too easy.
- Without warning, pop a question to the group or direct it to one individual. Every correct answer gets a candy bar or some other small reward.

Desired outcome: Employees learn more about the business they are in — and meetings take on a little mystery

12. Wear Your Attitude
Time: A few seconds | Purpose: Encourages all to be conscious of attitudes they are displaying | Participants: Everyone can play | Materials needed: Attitude buttons

Instructions:
Have buttons or laminated cards with a variety of attitudes on them; such as happy, angry, friendly, generous, sad, worried, excellent, etc. As each person enters work, allow them to pick the attitude they would like to display. People who pick unattractive ones can be avoided and the pleasant ones will get all the smiles, encouragement, and positive attention. Anyone can change their ‘button attitude’ at any time.

Desired outcome: Bring awareness about how transparent our moods are and what we get as a result.

13. The Great Egg Drop
Time: 2 hours | Purpose: Improve individual and team problem solving skills | Participants: Two teams | Materials needed: Varies

Instructions:
- Build an egg package that can sustain an eight foot drop. A variety of tools and other materials should be provided to the teams.
- After the packages have been built, each team must also present a 30-second “advertisement” for their package, highlighting why it’s unique and how it works. At the conclusion of the presentations, each group will have to drop their egg using their package to see if it really works.

Desired outcome: Teach the teams to work together and communicate.
14. **Two Truths and a Lie**

Time: 15-30 minutes  
Purpose: Encourage workplace communication and help employees get to know each other  
Participants: All  
Materials needed: Paper and pens

Instructions:
- Ask every team member to secretly write down two truths about themselves and one lie on a small piece of paper. Participants are not allowed to reveal to anyone what they wrote down.
- Once each person has completed this step, allow 10-15 minutes for open conversation where everyone quizzes each other on their three questions.
  - The idea is to convince others that your lie is actually a truth, while on the other hand, you try to guess other people’s truths and lies by asking them questions.
  - Don’t reveal your truths or lie to anyone – even if the majority of the office already has it figured out!
- After the conversational period, gather in a circle and one-by-one repeat each one of your three statements and have the group vote on which one they think is the lie.
- You can play this game competitively and award points for each lie you identify or for stumping other players on your own lie.

15. **Life Highlights**

Time: 30 minutes  
Purpose: Create the perfect icebreaker activity for small or large groups  
Participants: All  
Materials needed: None

Instructions:
- Ask each participant to close their eyes for one minute and consider the best moments of their lives. This can include personal or shared moments; pertaining to professional success, personal revelations, or exciting life adventures.
- After they have had a moment to run through their life highlights, keeping their eyes closed, ask each participant to take a moment to decide which thirty seconds of their life they would relive if they only had thirty seconds left in their life.
- The first part of the activity enables participants to reflect back on their lives, while the second part (i.e. the review section) enables coworkers to get to know each other better.
- Lastly, as the team leader, ask each participant to share what their thirty seconds entailed and why they chose it.

Desired outcome: Help team members understand each other’s passions and personality.