

1.

Human Knot

This game combines team fun with communication and creativity.

The participants are asked to stand in circle, shoulder to shoulder, facing inside of the circle. Each member is asked to extend his or her right arm and grab hand of someone standing across the circle. And the same is repeated with left arm. There are two conditions to follow :

- 1) Everyone should hold hands of two different people*
- 2) No one should hold hand of someone who's standing directly next to them*

The objective of the game is to untangle everyone forming the human knot without breaking the circle. If the chain breaks, the group has to repeat the exercise.



2.

Three Truths and a Lie

With absolutely no tools required, this team building game could be done anytime and anywhere without much hassles.

All you require is 3 or more members sitting in a circle, with each person taking turns to state four facts about self, out of which 3 are true and the remaining 1 is a lie. The instruction is to frame the lie realistically rather than making it look hard to believe and easy to guess.

Once the facts are stated, the other team members take turns to identify the lie from the 4 statements. Once all are done with guessing, the right answer is revealed at the end.

The game works wonder for new or geographically scattered teams who can benefit by knowing more about their teammates. It challenges preconceived judgments and helps introverts to open up in a group set-up.



3.

Team Birthday Line Up

A great team activity, this quick and simple game is recommended for training that involves focus on problem solving, communication and cooperation.

The participants are asked to fall in line side-by-side. They are then asked to rearrange their line in order of their birthdays (considering only the month and date). What's the catch? The challenge is that the group members cannot talk at all. They can resort to using sign language, nudges, and other techniques to determine each other's birthday.

This is ideal team challenge game for more than 8 participants and you might see some members taking lead and directing the members to achieve desired outcome.

