



PHI SIGMA PI
NATIONAL HONOR FRATERNITY



Team Building Activities



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CHAOS

Time: 15 minutes

Number of Participants: 10-20

Tools Needed: None

Purpose: This exercise is for fun, energizer.

Rules: Arrange Members into two equal lines facing each other. One group turns around while the other gets 30 seconds to change 10 things about them (switch jewelry, change hair style, untie shoelaces, switch watch to other arm, etc.) that are in sight. The group turns back around and must identify the 10 changes. After they identify the changes, or time is up they swap so the other team gets a chance to guess.

HUMAN KNOT

Time: 30 minutes

Number of Participants: 8 - 20 people (if you have more, you can make more than one human knot)

Tools Needed: None

Purpose: This exercise works on communication and teamwork for team building.

Rules: Have everyone stand in a circle facing each other, shoulder to shoulder. Instruct everyone to put their right hand out and grab a random hand of someone across from them. Then, tell them to put their left hand out and grab another random hand from a different person across the circle. Within a set time limit, the group needs to untangle the knot of arms without releasing their hands.

Reflection questions:

- How did this activity make you feel?
- What is something you did that helped your group get untangled?
- How important is it to communicate when you are faced with a challenge?
- What are other ways we can communicate within the Chapter to make us a stronger team?

KNOW YOUR TEAM

Time: 30 minutes

Number of Participants: Limitless

Tools Needed: None

Purpose: This exercise is a way for Members to identify things they have in common.

Rules: Break Members into even teams. Have all of the groups sit an equal distance apart from you. Instruct that you are going to read statements and they have to send Members to you who have matched the statement. Example "Two people who have the same middle name." The first team that sends Members to the front with the criteria earns a point.

Statements:

- Two Members who have the same first or last initials.
- Two Members of the group who were born the furthest distance away.
- A group of Members whose ages add up closest to 100.
- A group of Members whose shoe sizes add up closest to 40.
- A group of three Members who all have different colored eyes.
- The oldest Member of the group.
- A group of members who have two different cell phones.
- The person in the group whose hometown is the closets.
- A Member who can recite the Brothers' Creed.
- Two Members who received an "A" on a test this week.
- (add additional statements, if necessary)

ORDER MATTERS

Time: 30 minutes

Number of Participants: Limitless

Tools Needed: None

Purpose: This exercise shows the importance of clear communication.

Rules: Without talking, members of the group should arrange themselves in some kind of order, as prescribed by the activity leader.

Statements:

- Alphabetically by first name
- Numerically by birthday
- Numerically by roll number
- By class years
- (add additional statements, if necessary)

Reflection Questions:

- What are the basic requirements of effective communication?
- What other means of communication can be substituted for speech?
- Do people pay closer attention to each other when they are deprived of the power to speak?
- How does this activity relate to the Chapter setting?

PURPOSE MINGLING

Time: 5 minutes

Number of Participants: Limitless

Tools Needed: Prize (such as mini pieces of candy)

Purpose: This exercise boosts morale by discussing ways everyone can participate in a meeting giving everyone purpose. It also is a way to hold Members accountable by offering a prize.

Rules: At the beginning of a meeting, ask Members to walk around the room and tell as many people as possible how they plan to contribute to the meeting. At the end of the meeting, you can offer a prize to those that contributed in the way they said they would.

SHAKE IT

Time: 30 minutes

Number of Participants: Groups of 6-8

Tools Needed: Flat bed sheet and small objects

Purpose: This exercise encourages a group to work together as a team and realize the importance of all Members participating.

Rules: Have all the Members in the group hold a portion of the sheet. Toss the small object on the sheet. Ask one Member of the group to begin shaking the sheet and count how many objects bounce. Then, ask another Member to begin shaking the sheet and count how many objects bounce. Continue this until all the Members are shaking the sheet.

Reflection questions:

- Could one Member bounce all of the objects?
- What happened when more Members began shaking the sheet?
- How many Members did it take to make all of the balls bounce?
- Did the first Members who were asked to shake the sheet begin to tire?
- How can you relate this activity to your Chapter?
- Have you ever failed when you attempted something alone?

STEP FORWARD

Time: 30 minutes

Number of Participants: Limitless

Tools Needed: None

Purpose: This exercise is a way for Members to get to know one another better and find things they have in common.

Rules: Have Members form a circle in the room. Tell the Members that you are going to read several statements. If the statement pertains to them, the Member should take 3 steps forward. The Member then should join the rest of the circle before you read the next statement.

Statements:

- Anyone who has visited another country.
- Anyone who prefers day to night.
- Anyone who has never been on a plane.
- Anyone who has never seen Harry Potter.
- Anyone that has met someone famous.
- Anyone who is the oldest in the family.
- Anyone who is the youngest in the family.
- Anyone who is an only child.
- Anyone who is multilingual.
- Anyone who feels like they know a lot about their cultural heritage.
- Anyone who plans to pursue an advanced degree after college.
- Anyone that knows of someone that is in the military.
- (add additional statements, if necessary)

Reflection questions:

- Why is it important that our Members have different opportunities?
- Why is it important to understand each other and where they come from?

TAPS EXERCISE

Time: 30 minutes

Number of Participants: 15 or more (suggested)

Tools Needed: None

Purpose: This exercise should be done as a way of affirming each Member's contributions.

Rules: Have Members stand in a circle with their backs to one another. One person will be the Facilitator. This person should not be part of the circle. The Members in the circle should close their eyes. Once everyone is comfortable, the Facilitator will tap 3-7 Members to open their eyes. The Facilitator will read a statement. The group with their eyes open, will tap (on the shoulder, arm or back) the individual the statement pertains to the most in their eyes. This will continue until all Members had the opportunity to tap someone.

Suggested Statements:

- Someone who makes you laugh
- Someone you wish you knew better
- Someone who is a leader
- Someone you admire
- Someone who has taught you something important
- Someone who is a friend
- Someone you trust
- Someone you respect
- Someone who really lives the ideals of Phi Sigma Pi
- Someone who is a good listener
- Someone who has helped you when you needed it most
- Someone who can brighten your day
- Someone you can depend on
- Someone who pushes you to try harder
- Someone who has inspired you
- Someone who is fun to be with
- Someone who has touched your life
- Someone who gives it their all
- Someone who has given you good advice
- Someone who does a good job

- Someone who challenges you
- Someone you appreciate
- Someone who has recently done something nice for you
- Someone with dreams and abilities to make them happen
- Someone with good ideas
- Someone reliable
- Someone who represents this group well

Reflection questions:

How did this activity make you feel?

- How important is it to affirm the contributions of Members in your Chapter?
- How did you feel when someone touched you?
- At the beginning of this exercise you felt ____, now you feel ____?
- What are some other ways to affirm each other?
- What, if any, are some statements you wished had been said? Would you like to recognize a few of those who you would have touched had that statement been read?

WEB OF APPRECIATION

Time: 30 minutes

Number of Participants: Groups up to 12

Tools Needed: Yarn

Purpose: This exercise is to remind Members that they are a supportive group to one another.

Rules: Using a ball of yarn, construct a web of appreciation. Hang onto the end of the yarn and toss the ball to someone else in the group. State something you appreciate about that person. The receiving person does the same until everyone in the group has become part of the web. The resulting web symbolizes the connectedness of the group, the available support and the trust fact.