

Team Up!

Compact and effective activities for building,
strengthening and stretching working relationships



How to use the Team Up! eBook

Want to create change in your team? Get everyone involved! Our Team Up! eBook is full of activities that will help you increase recognition, teamwork, improve customer service, and engage participants in fun and effective learning experiences.

Some of these are one-time activities whereas others create an ongoing program, which eventually stops being a program and becomes the way your group operates. All the ideas in this book have been field-tested and refined by more than 60 practitioners, so you know they work!

Each activity describes the goal, the number of people who can participate, an approximate length for the activity, and props you will need. Some of the props are exclusive Baudville products while others you can find in your local store.

We've divided the eBook into six chapters that you can download separately. That way, you only get the activities you're interested in. Download them all and be prepared for any activity!

Chapter 1: Recognition

Chapter 4: Milestones

Chapter 2: Team

Chapter 5: Icebreakers

Chapter 3: Customer Service

Chapter 6: Energizers

Whether you incorporate an activity into your everyday routine or use them sparingly, we hope these ideas inspire your team!

*“Together we succeed,
with everyone giving their all. Our team achieves its goals,
and becomes more impressive every day!”*

About Baudville

Baudville, the place for daily recognition, continues to be the leading innovator in day-to-day recognition solutions. Baudville's day-to-day recognition solutions appeal to today's increasingly diverse workforce with contemporary designs and relevant messaging, motivating and engaging workplaces world-wide. Baudville has been declared one of the best companies to work for in its area and strives to create the ultimate work experience for its employees. For more tips and ideas to create a positive culture, visit the [Baudville Recognition Resource Center](http://Baudville.com) on Baudville.com.

CHAPTER SIX

Energizers

Life Raft

Goal: Energize a group with a physical activity.

Number of people: 2-8.

Time: 5 minutes.

Props: Tarp 5' by 8' or larger.

Step-by-Step:

1. Ask all members of your group to stand on the tarp. Tell them that they are shipwrecked, but they have managed to climb aboard this raft.
2. Explain that stepping off the raft means to step into the ocean and drown. The side which now faces down is a silver reflective material which will attract the rescue plane.
3. Their goal is to turn the tarp completely over while keeping all members' feet on the tarp.
4. If anyone steps off the tarp, it must be returned to its original position and the group must start again.
5. More difficult variation: only feet, not hands, can be used to turn the tarp.

ABC: A Bit of Conversation

Goal: Energize a group and teach them to let go of outcomes, going with the flow.

Number of people: 6-26.

Time: 15 minutes.

Props: Only a memory of the alphabet is needed!

Step-by-Step:

1. Ask your group to stand in a circle.
2. Explain that you will begin a nonsense conversation by making a statement or asking a question with a word that begins with the letter "A." You may choose a topic that's relevant to your business, or choose a funny, non-work topic.
3. The person to your right will then respond to your statement or question with her own sentence, using a word that begins with "B."
4. The person to her right will respond using "C" to begin his sentence, and so on to "Z," going around two or three times if needed. Pity the poor folks who end up with X and Z.
5. De-brief with these questions:
 - a. How did it feel when someone skipped a letter?
 - b. How did it feel when someone changed the topic inside the flow?
 - c. What can we learn from this about how we react to the unknown?
6. Return to your seats with new alpha-energy and insights!

Comfort Food

Goal: Get to know new people, stretch your legs, and laugh.

Number of people: 8 to 24.

Time: 10 minutes.

Props: Cardstock (8 1/2" x 11"), colored markers.

Step-by-Step:

1. In a classroom setting or during a regular workday when your co-workers are at their desks, take a break and have some fun.
2. Give each person a piece of card stock folded like a place card and provide the colored markers.
3. Ask each person to think of her favorite comfort food, defined as:
 - a. What you like to eat when you've had a tough day
 - b. What you eat when you deserve a treat, after an accomplishment
 - c. What you eat in the middle of the night when no one's watching
4. Tell them what your own comfort food is to get them laughing. (For example: Mine's mayonnaise. With a spoon. Two scoops right in my mouth.)
5. Ask everyone to write their comfort food on one side of the cardstock tent, then go to a space in the room where you can all stand in a circle.
6. Go around the circle and let everyone name his comfort food, while holding up their tents.
7. Ask everyone to select a partner based on which comfort food would go well with theirs, and pair off.
8. Ask the pairs to take 3 minutes to brainstorm a party theme name that would be appropriate for serving their two comfort foods (for instance, if ice cream and cookies were paired, the theme might be a "Vacation From Diets" party).
9. Invite them to come back into a circle and share their party themes.
10. Bonus: you may create some fun themes for your next recognition event!



Pair Up

Goal: Make team relationships more comfortable and get the blood flowing.

Number of people: 8-24.

Time: 15-30 minutes, depending on group size.

Props: None.

Step-by-Step:

1. During regular staff meetings or training sessions, open with a brief “Let’s get to know each other even better” segment. This is especially useful when a new member has joined the group, or when the group is large and people don’t have the opportunity to know all members well.
2. Use different criteria for assigning pairs at each meeting, so that each person finds herself getting to know a different person each time.
3. Ask the group to stand then give them today’s criterion for pairing.
4. Some ideas for pairings:
 - a. Someone who is wearing the same color you are today
 - b. The person you are least familiar with
 - c. A long-term person with a short-term person
 - d. Same shoe size
 - e. Same birth month
 - f. Same color vehicle
 - g. Same number of children
 - h. Born in same state or states closest geographically
 - i. Same number of siblings
 - j. Same favorite color
 - k. Same favorite ice cream flavor
 - l. _____
5. Most of these pairing criteria will necessitate people calling out words or phrases in order to find their partner. This adds to the energy and fun and is a great way to get everyone’s blood flowing to kick off your meeting.
6. After a few meetings, you might ask the group to brainstorm for additional new criteria for future meetings.

Dealing With Change

Goal: Demonstrate the discomfort of making changes and discuss healthy ways to handle it.

Number of people: 8-16.

Time: 20 minutes.

Props: None.

Step-by-Step:

1. Just before taking a break at a meeting, give the group a specific time that you want them to return, such as 10:15. Tell them that it's important that everyone be present for the start of the first activity. Write this time on a board.
2. Instruct them to re-seat themselves when they return, alphabetically by name (you may select last name or first name, depending on how well they know each others' names).
3. You will all observe the few minutes of chaos and discomfort that ensues.
4. Ask them to move all their papers and belongings to the new seat.
5. Lead a discussion about dealing with change, asking:
 - a. How did you feel before the break when I mentioned the change I wanted you to make?
 - b. How did you feel after the break, once you began to make the change?
 - c. What feelings and responses are natural when we encounter change?
 - d. What are some healthy ways to deal with change?
 - e. What changes in our organization can we relate this to?
6. Some conclusions may be that most of us dislike change and resist it, but that (1) allowing errors, (2) patience, and (3) looking for the benefits of the change will help us through in a healthy way.

Jigsaw Puzzle

Goal: Boost the energy of a group during a meeting or sluggish afternoon.

Number of people: 8.

Time: 15 minutes.

Props: A jigsaw puzzle painted to replicate your organization's emblem or logo.

Step-by-Step:

1. Make a large replica of your organization's emblem or logo, using tagboard (poster paper) or light wood.
2. Cut it into 20-30 pieces, jigsaw-puzzle style.
3. Mix the pieces and put them on a large table (or two tables together).
4. During a meeting break, invite attendees to assemble the puzzle.
5. Move quickly out of the way so you don't get stampeded!