



Teambuilding Games



Be Healthy



Stay Safe



Enjoy and Achieve



Make a Positive Contribution



Achieve Economic Wellbeing

Trust Game

Blind Fold Obstacle Course

Equipment: None	<p style="text-align: center;">How to:</p> <ul style="list-style-type: none"> • Get the group to create a obstacle course • Get the group into twos or threes • One person will be blind folded and the other will guide them around the course • Get everyone to go at the same time starting at different elements • When they get back to the start they swap over • This activity may benefit from trust building activities first
Time : 15 - 25 minutes	
Recommended numbers 4+	
Tip None	
Recommended age: 10+	<p>Every Child Matters Outcomes:</p> 

Team Building

Circle Game

<p>Equipment:</p> <p>No equipment needed</p>	<p>How to:</p> <ul style="list-style-type: none"> • Get the group to hold hands in a circle around 1 member of the group • The member in the middle has to start walking forwards • The rest of the group will then start walking away so that the person in the middle does not walk into them • The person in the middle has to try get out without walking into any one • To make it harder get the circle moving in a clockwise direction, start hopping etc
<p>Time :</p> <p>10 minutes</p>	
<p>Recommended numbers</p> <p>6</p>	
<p>Tip</p> <p>None</p>	
<p>Recommended age:</p> <p>7+</p>	<p>Every Child Matters Outcomes:</p> 

Team Building

Egg Rocket

<p>Equipment: Paper, Eggs</p>	<p>How to:</p> <ul style="list-style-type: none"> • Split the group into teams • Give each group some paper, tape and a egg • Tell them that they have to build a rocket which is going to be throwing up in the air or dropped from a height and their rocket has to protect the egg from smashing • Once the rockets are made the egg is put into place and the leader has to throw them all the same height. Or drop them from the same height • The egg which is in the best condition wins. • If none of the eggs smash keep going higher until they do
<p>Time : 5 - 20 minutes</p>	
<p>Recommended numbers 4+</p>	
<p>Tip None</p>	
<p>Recommended age: 8+</p>	<p>Every Child Matters Outcomes:</p> 

Team Building

Get Them Out

<p>Equipment:</p> <p>Blind folds, Square boundary line, 4 equal amounts of same colour sets of cones</p>	<p>How to:</p> <ul style="list-style-type: none"> • Set the square boundary line out and randomly lay the cone out inside • Get the group into pairs • Put one pair in each corner of the boundary • One person from the pair has to be blind folded and the other person can't move from their cone • Give each pair a cone colour that they have to collect • The person on the corner has to guide the blind folded person by shouting instructions, and directions to pick up all their coloured cones • If they touch a colour cone that is not their colour, they have to come back to their corner and start again • The team to collect all their colour cone and return back to their corner wins, and then they can swop over and start again
<p>Time :</p> <p>10+ minutes</p>	
<p>Recommended numbers</p> <p>4 - 8</p>	
<p>Tip</p> <p>None</p>	
<p>Recommended age:</p> <p>8+</p>	<p>Every Child Matters Outcomes:</p> 

Team Building

Getting To Know You Card Game

<p>Equipment:</p> <p>Question cards (relevant to group)</p>	<p>How to:</p> <ul style="list-style-type: none"> • Place a selection of questions face down on a table and ask the young people to take a random seat around the table • Inform the group that if anyone feels uncomfortable or would rather not answer a question card then they are free to miss their turn • Ask the group to take it in turns to pick up a question card from the table and read aloud the question and then tell the group about their answer • The group can take it in turns to pick a question and if appropriate the other members of the group are free to give their own answers or shared experiences if they are happy to do this and you have enough time to let discussion develop naturally. The game keeps going until all the questions have been answered or the group seems to lose interest
<p>Time :</p> <p>10 – 15 minutes</p>	
<p>Recommended numbers</p> <p>4+</p>	
<p>Tip</p> <p>Keep the questions relevant to the group and the activity you are delivering</p>	
<p>Recommended age:</p> <p>8+</p>	<p>Every Child Matters Outcomes:</p> 

Team Building

Group Splitting Exercise

Equipment: No equipment	<p style="text-align: center;">How to:</p> <ul style="list-style-type: none"> • If you have disruptive participants in the group you will usually pair up when asked to find a partner. Below are examples of ways for splitting groups into manageable pairings / teams. • Split the groups as many times as needed so groups are balanced and manageable for the setting • Get people to pair up then give each partner a number, 1 or 2. Place all the 1's together and the 2's in separate teams. This results in splitting one active couple up. • You can place people in height order and then start at one end giving them numbers according to the number of teams needed, 1,2,3,4 etc • Place numbers in a hat, the group then pick out a number and that is what team they go into • Split disruptive young people by making them team captains and getting them to choose teams, you can always place a different splitting method if you feel the teams are unbalanced
Time : Approx 2 minutes	
Recommended numbers 10 +	
Tip Split the group as many times as you need till you are happy with the pairings / teams	
Recommended age: 6 +	<p style="text-align: center;">Every Child Matters Outcomes:</p> 

Team Building

Indoor Raft Building

<p>Equipment: Empty cans of pop which you will have to seal back up with tape, sticks or pens, string, large container to fill with water</p>	<p>How to:</p> <ul style="list-style-type: none"> • Split the group into small teams • Tell each group that they have 4 cans, 6 sticks/ pens and some string to use • In their teams they have to build a raft to race on the water • Once all the rafts are built they have to put them into the container of water • If you haven't got a large container you could just use a sink and race one at a time to see which raft is the fastest or the one that will hold the most weight.
<p>Time : 15 - 20 Minutes</p>	
<p>Recommended numbers 4 - 12</p>	
<p>Tip None</p>	
<p>Recommended age: 8+</p>	<p>Every Child Matters Outcomes:</p> <div style="text-align: center;">  </div>

Team Building

Line Up

<p>Equipment:</p> <p>Platform approx 12inch wide – long plank of wood</p>	<p>How to:</p> <ul style="list-style-type: none"> • Lay a long plank of wood on the floor and tell the group to stand on it • Give them tasks to do without touching the floor, like getting into height order, shoe size order or age order from one end to another • Also get them to do it in silence • If they touch the floor 3 times as a group, or talk if they are meant to silence etc, you can give them a forfeit e.g. singing a song
<p>Time :</p> <p>10+ minutes</p>	
<p>Recommended numbers</p> <p>5+</p>	
<p>Tip</p> <p>The plank can be raised slightly at both to make it harder</p>	
<p>Recommended age:</p> <p>8+</p>	<p>Every Child Matters Outcomes:</p> 

Team Building

Marble Run

<p>Equipment:</p> <p>8 – 10 pieces of drain pipe and a ping pong ball</p>	<p>How to:</p> <ul style="list-style-type: none"> • Give each participant a piece of drain pipe and tell them they have to roll the ball along the pieces of pipe for as long as they can • The only rules to the game are the ball is not allowed to stop moving and you are not allowed to walk with the ball • Participants need to work as a team and place pieces of pipe next to each other in a line and allow the ball to roll along their piece of pipe and in to the next persons • They then have to move to the other end of the chain in order to be ready for the ball to roll in to their pipe again and this continues as far as possible
<p>Time :</p> <p>5 - 10 minutes</p>	
<p>Recommended numbers</p> <p>6 + no more than 10</p>	
<p>Tip</p> <p>Players should be able to work out that the ball moves slower if you only have a gentle slope on the their pipe</p>	
<p>Recommended age:</p> <p>6 +</p>	<p>Every Child Matters Outcomes:</p> 

Team Building

Mine Field

<p>Equipment:</p> <p>A square boundary line, cones, blindfolds</p>	<p>How to:</p> <ul style="list-style-type: none"> • Set out the boundary line and put all the cones inside and spread them out • Get the group into pair and put them in each corner of the boundary line. • Blindfold one person • The other person has to direct the blindfolded person across to the opposite corner by shouting directions and instructions • If the blindfolded person touches any of the cones they have to start again or change over • The person who is giving instruction can't move from the corner
<p>Time :</p> <p>10 - 15 Minutes</p>	
<p>Recommended numbers</p> <p>4 - 8</p>	
<p>Tip</p> <p>None</p>	
<p>Recommended age:</p> <p>8+</p>	<p>Every Child Matters Outcomes:</p> 

Team Building

Numbered Cards

<p>Equipment:</p> <p>2 sets of cards numbered 1 -10</p>	<p>How to:</p> <ul style="list-style-type: none"> • Randomly lay each set of cards upside down at one end of the room, with a gap between each set • Split the group into 2 teams • Explain to the teams about the 2 sets of card numbered 1 -10 • They have to race and find each the card marker number 1 and return to tag the next player • Players take it in turn to find the next number in the sequence • Every card turned over must be replaced upside down • The team who have all their numbers returned in the correct order, wins
<p>Time :</p> <p>10-15 minutes</p>	
<p>Recommended numbers</p> <p>8+</p>	
<p>Tip</p> <p>None.</p>	
<p>Recommended age:</p> <p>5+</p>	<p>Every Child Matters Outcomes:</p> 

Team Building

Scale Exercise

<p>Equipment:</p> <p>2 numbered sheets. marked 1 and the other marker 10</p>	<p>How to:</p> <ul style="list-style-type: none"> • This exercise can be used to find out what young people think of an activity or service • It can be used to find out dynamics in a group, strengths and weaknesses • Simply put up the scale 1 – 10 a reasonable distance apart on the floor or wall. • Ask relevant questions that can be answered between 1 - 10 • Participants then place themselves at various positions on the scale • You can ask individuals why they have placed themselves on the scale
<p>Time :</p> <p>5 - 10 minutes</p>	
<p>Recommended numbers</p> <p>4 +</p>	
<p>Tip</p> <p>Plan what questions you want to ask, you can also get the participants to make up questions</p>	
<p>Recommended age:</p> <p>6 +</p>	<p>Every Child Matters Outcomes:</p> 

Team Building

Sky Scrappers

<p>Equipment:</p> <p>Wooden block, 2 ropes</p>	<p>How to:</p> <ul style="list-style-type: none"> • Lay 2 ropes down on the floor parallel to one another • Tell the group to find a partner and to stand either side of the ropes, facing each other with a gap in between (about 1 metre) • Then explain to the group that they have to pretend that they are stuck on top of 2 sky scraper and they can't cross the rope or they will fall. • The only way down is to pass the key across to the other team, this is where you use the wooden block as the key • They have to pass the key from 1 side to the other without dropping or throwing it • After they have passed it from 1 side to the other the rope gets moved out a little further so they space in between then gets bigger after each time they have successfully passed it • The aim of the game is to keep going until the group can't pass the key from 1 side to the other and see how far they can go. • If they drop they key or throw it they have to start again
<p>Time :</p> <p>15 - 20 Minutes</p>	
<p>Recommended numbers</p> <p>8 - 12</p>	
<p>Tip</p> <p>None</p>	
<p>Recommended age:</p> <p>8+</p>	<p>Every Child Matters Outcomes:</p> 

Every Child Matters (ECM) Outcomes for Children and Young People.

Below are descriptions of the ECM outcomes with examples of the type of projects which fit into them:

Be Healthy

This outcome relates to physical, sexual, mental and emotional health, the promotion of healthy lifestyles and encouragement not to take illegal drugs.

e.g. accredited sexual health project, sports tournaments, gym sessions, healthy cooking project, team-building residential with health related theme, peer mentoring or 'buddying' projects.

Be Safe

This outcome is about being safe from maltreatment, neglect, violence and sexual exploitation, accidental injury and death, bullying and discrimination, crime and anti-social behaviour in and out of school, and being secure, stable and well cared for.

e.g. young driver safety course, personal safety project, project to create a safe place to meet within an unsafe community, young women's empowerment project, first aid course.

Enjoy & Achieve

This is about being ready for learning, attending and enjoying school, achieving personal and social development, enjoying recreation and achieving national educational standards

e.g. homework clubs, DJing project, arts/drama/dance, educational visits, residentials, celebration of achievement events, festivals, fishing - and many more.....

Make a Positive Contribution

This is about engaging in decision making, supporting the local community and environment, engaging in positive behaviour, developing positive relationships, choosing not to bully and discriminate, developing self confidence, successfully dealing with significant life changes and challenges and developing enterprising behaviour.

e.g. project to make your local area better, gardening project, meeting community groups you don't normally meet with, anti-bullying or anti racism project, music/drama performances for local community.

Achieve Economic Wellbeing

This is about engaging in learning, employment or training on leaving school, being ready for employment, living in decent homes and sustainable communities, having access to transport and material goods and living in households free from low income.

e.g. job search and homework clubs, IT courses, career guidance project, budgeting/managing money project, vocational training courses e.g. sports coaching, babysitting course, music production.