

Team-Building Activities for Every Group

Alanna Jones



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This book is filled with fun and interactive group games to help groups bond and get to know one another at a deeper level! You can use the activities to lead a group through the stages of team-building that every group must flow through when bonding. Group members learn about one another using the get to know you games in the Mix It Up chapter. The Stir It Up chapter contains fun activities that help loosen the group up with icebreaker games. The Team Up chapter of the book is filled with 65 team-building activities and games that require group members to use teamwork to be successful. Once a team has gone through these three stages they are ready to go deeper by using the activities in the Open Up chapter to share more openly with one another and really come together as a close group.

The activities in the Team Up and Open Up chapters come with discussion questions. These questions help guide the facilitator when leading the activity and lead the group to a better understanding of each other and of the role each individual has as member of the team.

You will find a total of 107 games and activities in this book to promote team-building and group bonding. If you work with youth, corporate groups, therapy groups, church groups, scouts, families, school groups, sports teams, at camp, or with any other group who must work together you will find helpful games and activities in this fun, energetic, and purposeful book!

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