

## Team Building Activities Toolkit

### Cover Page:

**Title:** Team Building Activities Toolkit

**Subtitle:** Practical exercises to improve collaboration and morale.

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### Introduction:

Team building fosters trust and collaboration, essential for a productive workplace. This toolkit includes activities for different team sizes and settings (in-person, remote, hybrid).

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### Icebreakers (10-15 Minutes):

1. **Two Truths and a Lie**
    - Instructions: Each participant shares two truths and one lie. The team guesses the lie.
  2. **Speed Networking**
    - Instructions: Pair team members for 3-minute discussions on set prompts.
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### Problem-Solving Challenges (30-60 Minutes):

1. **Paper Tower Challenge**
    - Goal: Build the tallest tower using only paper and tape.
    - Materials: A4 paper, tape.
  2. **Marshmallow Challenge**
    - Goal: Build a structure with spaghetti, tape, and a marshmallow on top.
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### Longer Collaborative Exercises (60+ Minutes):

1. **Role-Playing Scenarios**
    - Example: "How would your team handle a sudden project deadline?"
  2. **Vision Board Activity**
    - Materials: Magazines, scissors, glue, and paper.
    - Objective: Visualize and align on team goals.
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### Remote-Friendly Activities:

# INGENIUM EXPERTS

1. **Virtual Escape Room**
    - Use online tools for hosting.
  2. **Online Trivia Quiz**
    - Tools: Kahoot, Google Forms.
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## **Reflection Template:**

- Post-activity questions:
  1. "What did you learn about your teammates?"
  2. "How can we apply this experience to our work?"